



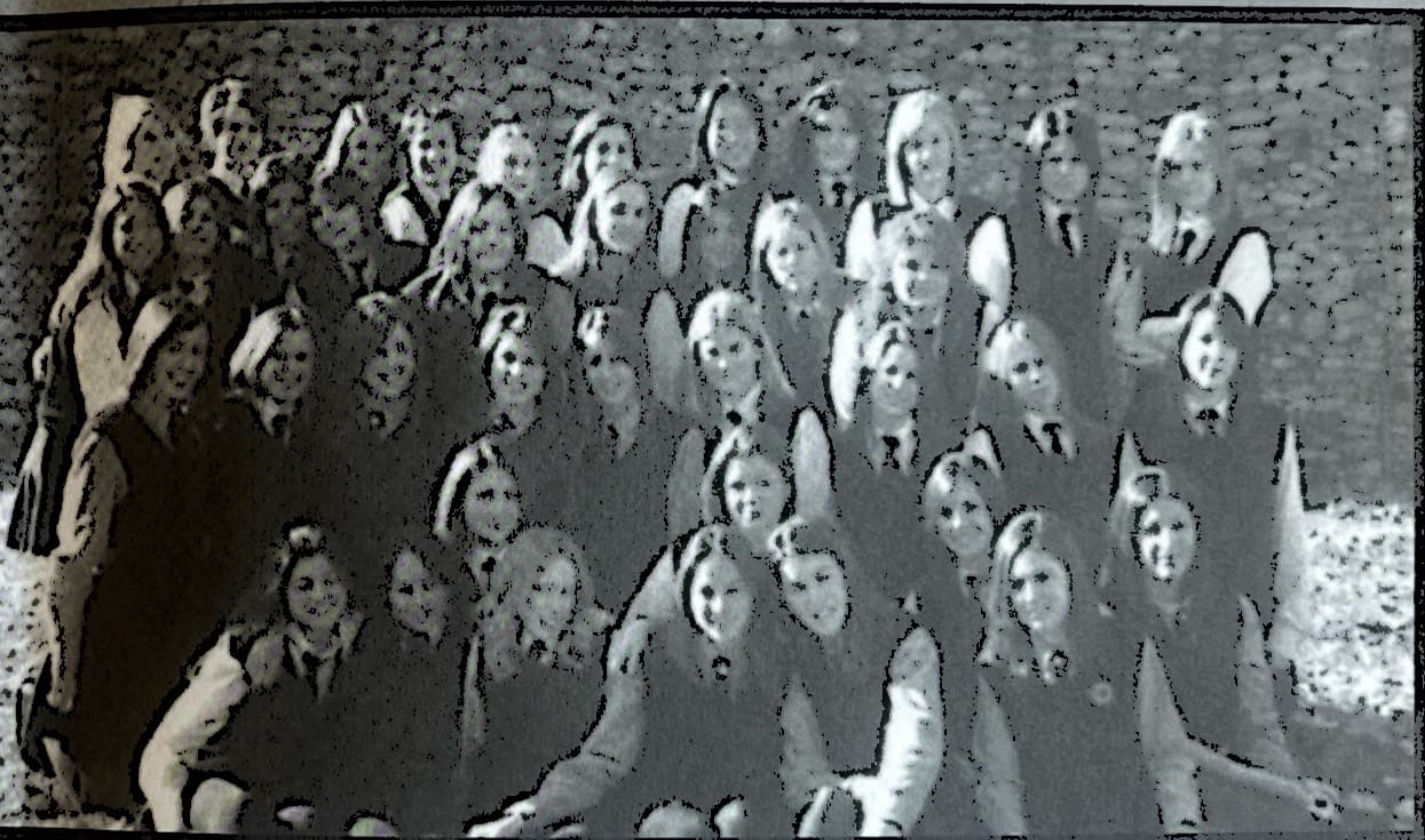
MEMORIES FROM THE HEART

*Office of Advancement
& Alumnae Affairs*

May 2000 Class of 2000 Class of 2000



Class of 2000 Class of 2000



The Sacred Heart School of Montreal

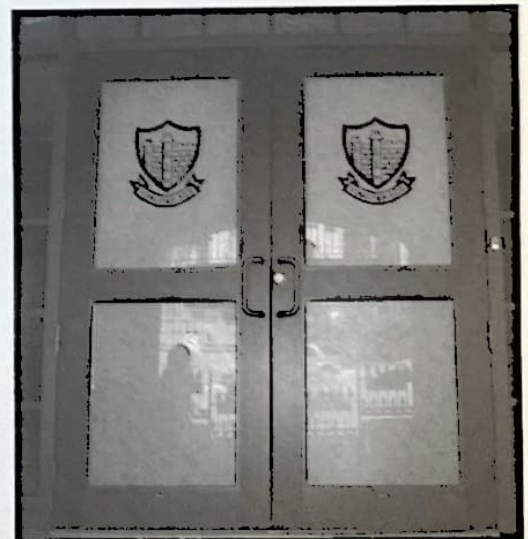


3635 Atwater Avenue
Montreal, Quebec
H3H 1Y4



<-- We begin our
journey through these
doors...

And through these
doors, our journey
ends.



Sacred Heart School of Montreal 1

Headmistress' Address



Congratulations Class of 2005!

I would like to think that the certificate you received at graduation is a symbol of everything you have learned during your years at Sacred Heart. Whatever plans you have, or will make, I am confident that your studies have given you the skills to do well in the future. You are about to begin the next stage of your journey, and I know that you are ready to move forward. I say that with confidence because we see many of our graduates who have been extremely successful.

Being a Sacred Heart alumna comes with certain obligations: an obligation to do your very best in whatever you choose to do, to give something back to society, and to always try to improve the world in which you live. Your Sacred Heart education is a way of life which calls you to change and grow in "wisdom, age and grace." As you face life's challenges analyze, reason, and make decisions based on sound considerations. Deal realistically with your gifts and limitations, and develop your unique potential. Remember that you have made lasting friendships at Sacred Heart and wherever you go or whatever you do, those bonds will always be there.

In the words of the late Pope John Paul II, "Do not be afraid!"
May God bless you all.

Elaine Brooks
Headmistress



Dear Graduates of 2005,

In *The Prophet*, Kahlil Gibran gives eloquent expression to the cliché that the young are the hope of the future:

Your children are not your children.

They are the sons and daughters of Life's longing for itself

....

*You may give them your love but not your thoughts,
For they have their own thoughts.*

.....

*You may strive to be like them, but seek not to make them like you.
For life goes not backward nor tarries with yesterday.*

Remember that thought without knowledge, and knowledge without thought, are of little value. Choose your path with care, and pursue it with love and integrity.

Jean Filipovich, Assistant Headmistress



The Sacred Heart School of Montreal has been a part of your life for the last five years. Your Memory Book is a snapshot of your graduating year; enjoy the photographs and comments, and cherish the memories. Each lesson that you learned here will help you in the future and I have no doubt that

you will succeed as you move forward with your lives. Best wishes to each member of the Class of 2005!

Peter Kousik, Director of Studies



To the Graduates of 2005

Your diligence and hard work has paid off and from henceforth you will be proud members of the "class of 2005." This book will provide some lasting memories of your final year at Sacred Heart,

where you were surrounded by good friends and a caring faculty. Be happy as you go forward to tackle future endeavours and remain proud of your educational roots. Good luck and God bless.

Abid Salman, Business Administrator



To the Class of 2005

As promised, an excerpt from *Hope for the Flowers*, ".....butterflies alone. You'll be a beautiful butterfly—we're all waiting for you." Good Luck to all of you as you search for the "MORE" of life in a world of Peace and Justice.

With Love,
Rosanne Del Torto, Director of Students



It is often said that the two greatest gifts one can give to children are roots and wings. The foundation and grounding you acquired through your Sacred Heart education will no doubt serve you well as you venture out into the world, take flight,

and embrace new freedoms. And though your experiences may take you far afield, always "remember from whence you came." As you grow older, I hope that fondness for Sacred Heart and the City House will become treasured memories.

Colleen Bronson, Director of Advancement and Alumnae Affairs

THE FACULTY 2004-2005



Ms. Antonini



Ms. Arella



Ms. Armstrong



Mme. Arnaud



Ms. Arsenault



Mr. Bahou



Mrs. Barnett



Mme. Belfort



Mr. Bordonaro



Ms. Bosmediano



Mr. Boyer



Ms. Berard



Ms. Carbone-McNally



Ms. Cumming



Mme. de Sainte Marie



Ms. Di Palma



Mr. Draicchio



Mme. Drouin



Mr. Filipe



Mr. Filipe



Mr. Fillion



Ms. Fougere



Mr. Francis



Ms. Gendron



Mr. Griffin



Mr. Guilbault



Mr. Hammett



Ms. Ingleton



Mr. Judson



Ms. Lakatos



Mr. Lamouche

Mr. Laperle

Mme. Laquerre

Ms. Lessey

Ms. MacCallum

Ms. Maclellan



Ms. Mastro

Mme. Morrisseau

Ms. Neeff

Ms. Nish

Mr. Pagé

Ms. Pagette



Ms. Pennell

Ms. Potter

Ms. Seeger

Mr. Snapkauskas

Mme. Talbot

Mme. Tchemigovskaia



Ms. Troi

Ms. Vaupshas

Ms. Walsh



Kitchen Staff

Teachers Gone Wild

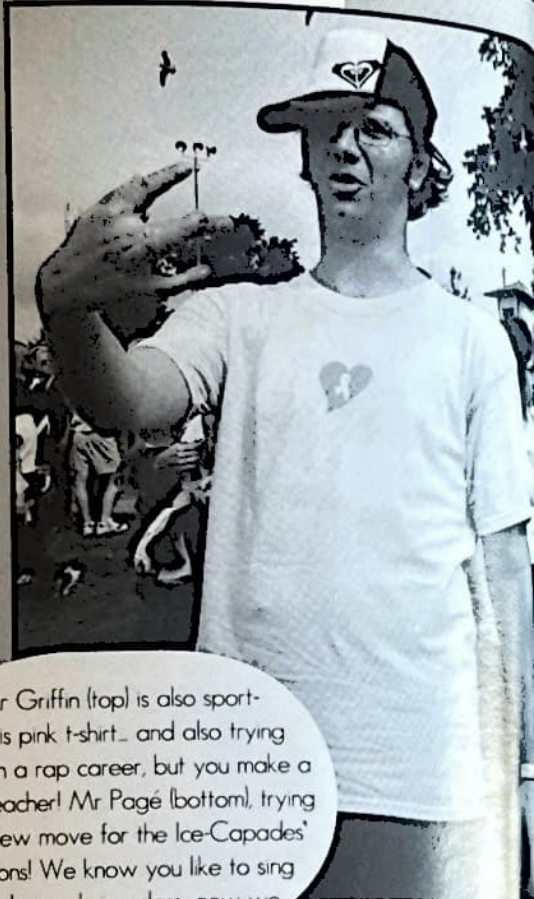


Here is Mr. Bordonaro (left). We actually got a picture of him wearing PINK! He did teach us to never say never!

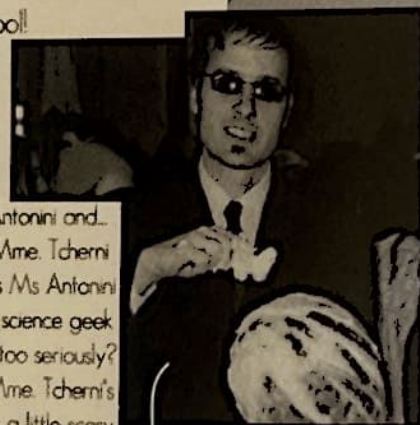
Ms McNally (right)... as a guidance counselor, it's important to "connect with the students," but not from another school!



Mr Griffin (top) is also sporting this pink t-shirt... and also trying to launch a rap career, but you make a better teacher! Mr Pagé (bottom), trying out a new move for the Ice-Capades' auditions! We know you like to sing and dance during class- now we know why.



Ms Antonini and... yes- Mme. Tcherni (left)... Is Ms Antonini taking science geek a little too seriously? And Mme. Tcherni's mask is a little scary if you ask us.



Mr Fillion... (top) is shaving a balloon! enough said... :)

<---The 3 witches have arrived! (from left) Mme. Belfort, Mme. Morrisseau and Mme. Laquerre are ready to "bewitch" us! Watch out!



MELISSA
& DAN THANH:

Editing School Drop Outs?



Picture Perfect



Through all the disagreements and fights, we have finally finished a whole yearbook without any hair pulling. In all, it was an experience to remember...



Or future pros?



CANADA

Hey girls,

Hope you enjoy the yearbook
(the fruit of our HARD work!)
As you flip through the pages
of our "Teen Vogue" inspired
magazine, we hope it will
bring back fond memories
of your year and maybe even
make you laugh!

Melissa Guelin
Love,

The Editors

P.S: We love you and
we'll miss you!

LE CANADA ET SES PROVINCES
A MARI USQUE AD MARE
THE PROVINCES OF CANADA

MEL



DEE

3635 Atwater
Montreal, Quebec
H3H 1Y4 Canada



"Good times!" "Just a tad..." "How lovely!" -Miss Lessey

DOUBLE TROUBLE

An Insider in the Prefect Room



Stephanie Panetta



Teresa Chimienti



Vanessa Caruso



Natasha Egiziano



Tania Pellizzari



Ashley Arnold



Arohie Chopra



Caroline Donahue



Marisa Hattem



Sarah McCulloch



Vanessa Pendenza



Sophie Predan-Chauvin

Natasha Lo Basso



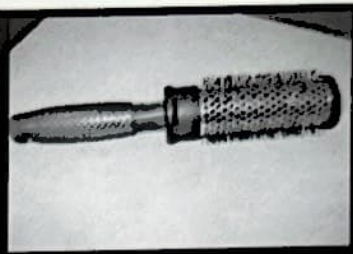
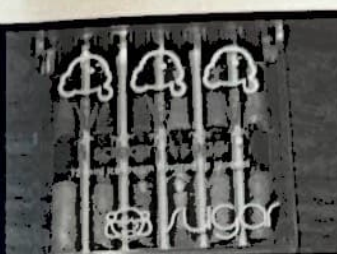
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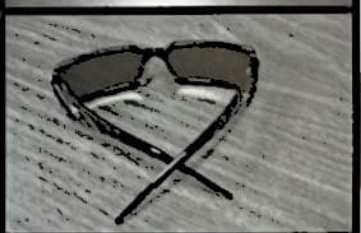
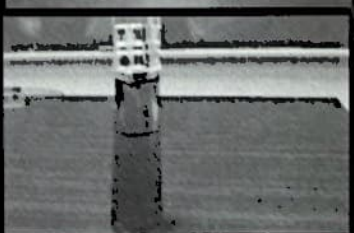
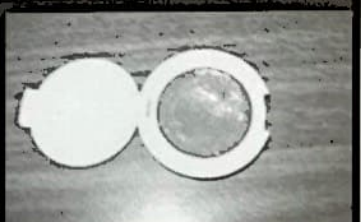
Beauty is only skin deep



Houses



Yeah that's what you think!



BARAT



Co-Captains:
Yasmin Moinuddin
Janet Belliveau
G.A.A. Representatives:
Isabella Matteo
Andrea Latella-Duboyce
Lara Artinian

Mascot: Morty the Bear
House Colour: White

House Head: Vanessa Pendenza



DIGBY



Mascot: Leo the Lion
House Colors: Pink & Grey
House Head: Ashley Arnold

Co-Captains:
Tracy Freese
Sandra Good
G.A.A. Representatives:
Stephanie Volante
Stephanie Rocco
Tara Freese

DUCHESNE



Co-Captains:
Romina Perrotti
Catherine Farrell
G.A.A. Representatives:
Melissa Desmarais
Marie McCulloch
Ruven Ferdinand-Peterkin

Mascot: Rose the Ladybug
House Colour: Red

House Head: Sara McCulloch



duROUSIER



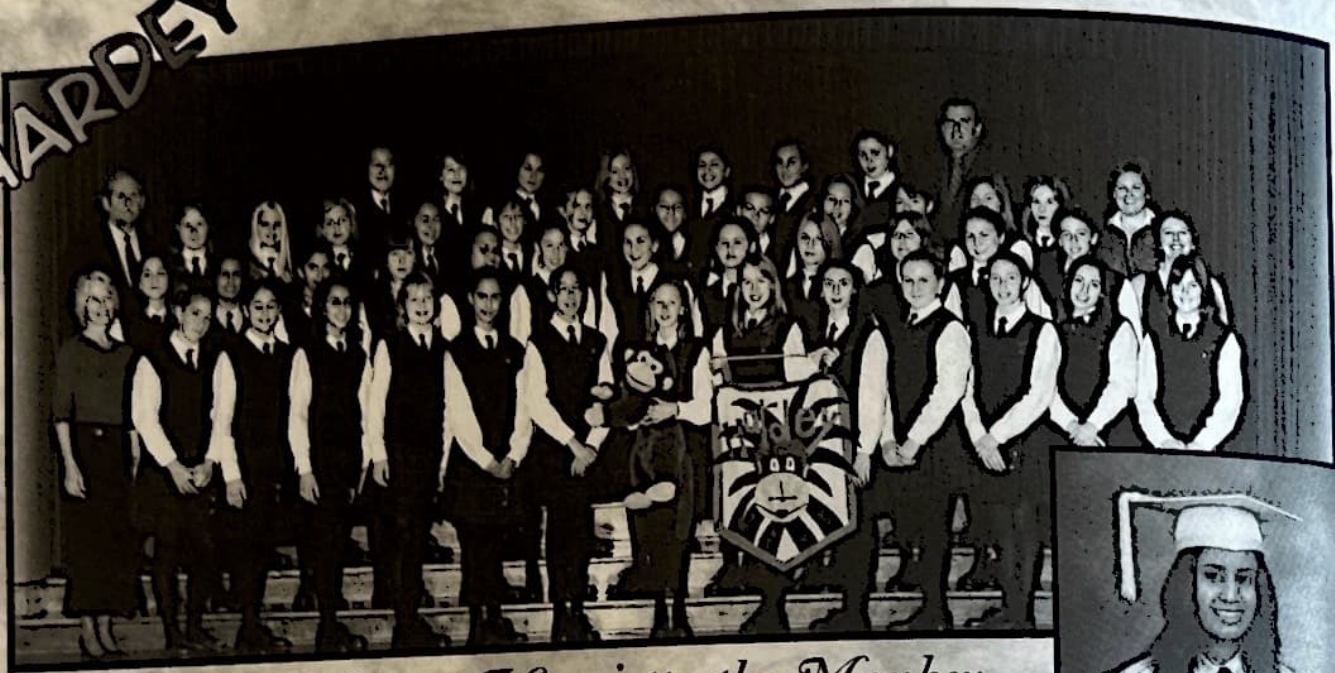
Mascot: Honey the Bee
House Colour: Yellow

House Head: Marisa Hattem

Co-Captains:
Claudia Spina
Caroline Rudolph-Zbarsky
G.A.A. Representative
Cynthia Mancinelli



HARDEY



Mascot: Henrietta the Monkey

House Colour: Orange

House Head: Arohie Chopra

Co-Captains:
Vanessa Velkoff-Woo
Emily Chacra
G.A.A. Representatives:
Madelyn Coull
Stephanie Karzon
Stephanie Maris



SHELDON



Mascot: Mr. Green Jeans the Turtle

House Colour: Green

House Head: Sophie Predan-Chauvin



Co-Captains:
Anne Fournier
Robyn Grassie
G.A.A. Representative:
Marion Goh
Sophia Loffredo
Melanie Al-Ahmad

STUART



Co-Captains:

Jillian Davis-Annett

Charlotte Lamontagne

G.A.A. Representatives:

Bianca Sportella

Kirsten Charron

Gillian Kerr

Mascot: Dylan the Dolphin

House Colour: Blue

House Head: Caroline Donahue

TRINCANO



Mascot: Casie the Cow

House Colour: Purple

House Head: Natasha Lo Basso

Co-Captains:

Alyssa Power

Melanie Tutino

G.A.A. Representatives:

Nastasia De Paoli

Francesca Manno

Elizabeth Stronach



SPORTS DAY AND HOUSE EVENTS

On September 3, students Mount Royal to participate. There were many events: flag football, crab soccer, relay race. At the end of the day, the Athletic Union took home the Athletic Union Cup. The team followed by Sheldon and won the Sportsman-Ship Award. Stuart was the most spirited. Griffin should have been awarded a prize for the funki-est hairstyle and Ms Ingleton and Ms MacCallum should have split one for the best cheer-leading. All in all, it was a fun afternoon, full of sun, smiles and laughter.

and teachers went to in the House Olympics, including bean bag toss, beach volleyball, and a relay race. In the afternoon, Hardey Award, closely followed by Digby. Duschesne ship Award, and most spirited. Mr. MacCallum should have been awarded a prize for the funki-est hairstyle and Ms Ingleton and Ms MacCallum should have split one for the best cheer-leading. All in all, it was a fun afternoon, full of sun, smiles and laughter.

-Marion Gale



Secondary 1...Secondary 1...Secondary 1...Secondary



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Secondary 1...Secondary 1...Secondary 1...Secondary 1...Secondary

SECONDARY 1

Horoscope:

High school will come and go in the blink of an eye- so enjoy every moment even though some times may be tough. Don't give up because a surprise visit from an unexpected person will brighten your day.

High Vibe Day:

Tuesday

Lucky Numbers:

1, 13, 29

Color of 2006:

Aqua

-The Editors

Sofia Afonso
Alexandra Chioé Aluochi
Amanda Arcella
Katherine Athanasiopoulos
Juliana Bene
Alexandra Boky
Lila Borsellino

Erin Brown-Vandecruys
Meredith Burke
Amanda Cardillo
Emilie Caron
Sandrine Casses
Rebecca Catellier
Alexandra Cerulli-Kanellopoulos

Camille Chacra
Garima Chopra

Stéphanie Christodouloupoulos
Bianca Cinillo

Jessye Correia
Samantha Côté
Julie Cruvellier
Cassandra D'Amico-Mazza
Mélanie Lynn D'Itri
Emily David
Natalie Davis

Alessia De Lauri
Angelika Delormier May
Kimberly Dextras-Romagnino



CLASS OF

2009



Alessia Di Giorgio
Carina Di Tomaso
Lauren Farmer
Ashley Grace Farthing
Joanna Fragostefanis
Émilie Fyfe
Fabiana Ghaleb

Larysa Golymbiowsky
Kelly Guy
Julie Hannah
Emily Horonowitsch
Vanessa Italia
Nadia Kanji
Amanda Khoury

Kathryn Kotar
Hava Koulenovitch
Kristina Kwong
Sandra Labbad
Ashley Lanni
Alexandra Levy
Alexandra Lewyckyj

Virginie Lombardi-Lajoie
Christina Anne MacDougall
Caitlin Martin
Elizabeth McDonald
Sabrina Missori
Paola Morin
Tamara Morrison

Elena Motivans
Chrysten Newton
Gabriela Padvauskas
Jennifer Palermo
Christina Paolucci
Lauren Papalia
Jessica Patriarca-Santamaria

Leia Pengelley
Natasha Pereira-Erskine
Amanda Pérodeau
Ashlan Phillips
Christina Rafie
Tamara Rapattoni
Jessica Lauren Sadko

Anita Sarkissian
Pauline Sasouni
Sarah Segal
Nina Toia
Cassandra Travaglini
Jessica Tutino
Sabrina Vadacchino

Zoë Vlogiannitis
Melissa Walsh
Taylor Wright-Connors
Michelle Zakem
Hanieh Zargham



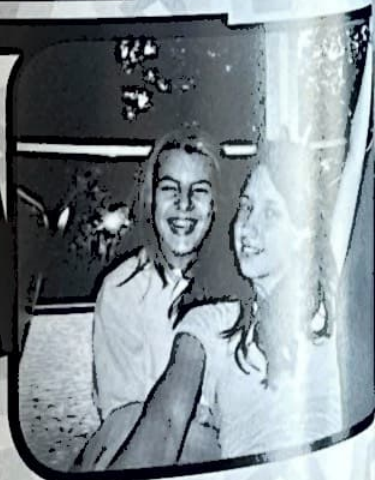
Secondary 1 Retreat



On September 17th, 2004, we attended our first retreat at L'Érmitage Ste-Croix. When we first got there, we were nervous because we didn't know many of the girls. The atmosphere was very inquisitive for we did not see any of the familiar faces we were accustomed to for the past 7 years. We watched a movie about friendship entitled "The Air Up There". We had a wonderful time and made new friends. This retreat was the beginning of new friendships that we will treasure for many years.

Alessia De Lauri, Meredith Burrows
& Hanieh Zargham

This is where
the memories
begin...



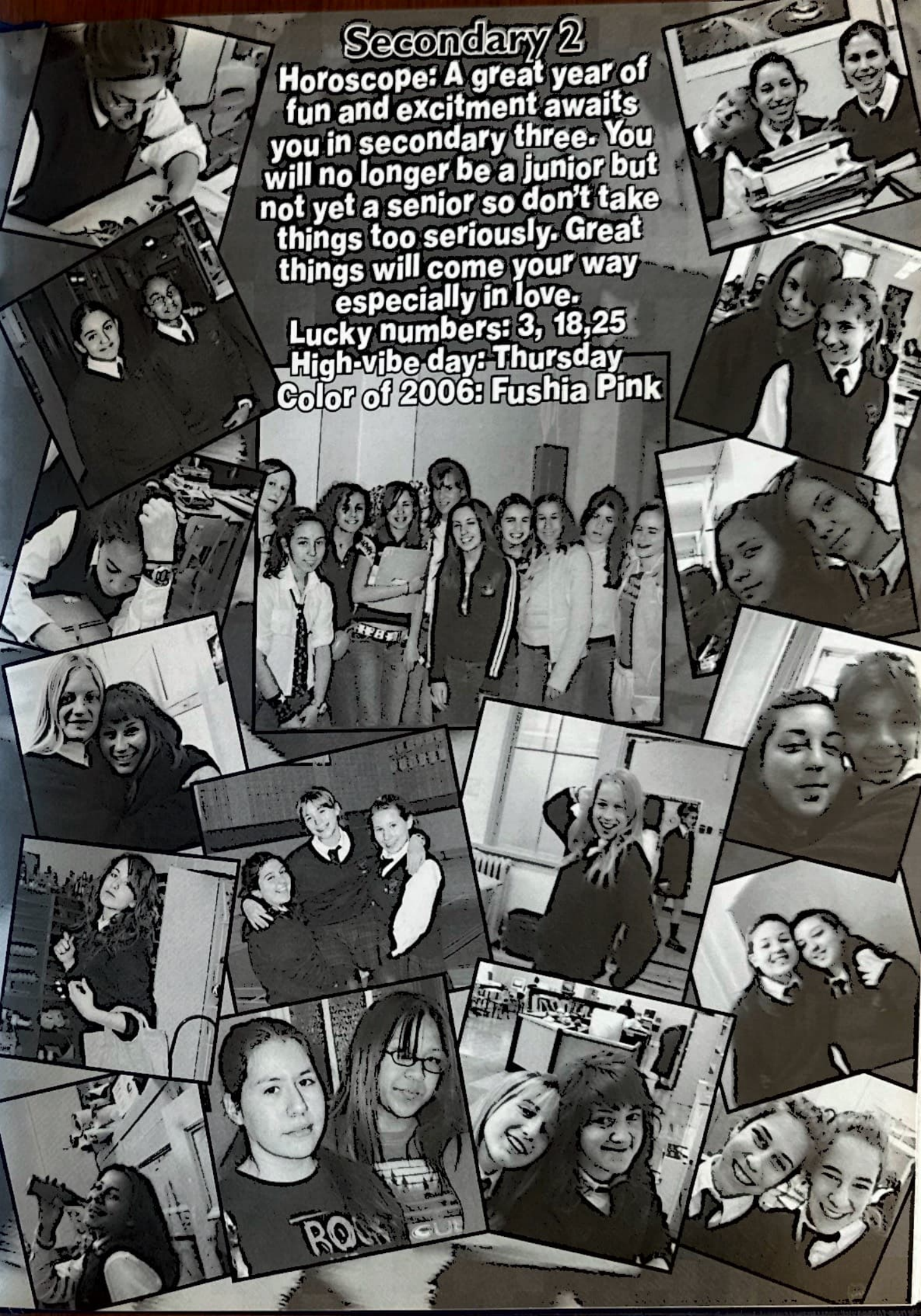
Secondary 2

Horoscope: A great year of fun and excitement awaits you in secondary three. You will no longer be a junior but not yet a senior so don't take things too seriously. Great things will come your way especially in love.

Lucky numbers: 3, 18, 25

High-vibe day: Thursday

Color of 2006: Fushia Pink



CLASS OF

2008



Must read books
this year:

*Shopaholic
Gossip Girls
Sisterhood of the
Travelling Pants*

Look deep
into our eyes:
"Watch the O.C.,
watch the O.C.,
watch the
O.C..."



Staci Angela
Talisa-Madison Aqu
Bianca-Desire Arciero
Alessandra Arduini
Lia Asquini
Amanda Aziz



Samantha Beckman
Alyssa Baldoni
Gabrielle Balit
Emily Catherine Belleau
Bianca Bertola
Jessica Bindra



Kerry Mae Blake-Savery
Chelsea Brossard
Tara Brownbill
Pamela Caccese
Laurinda Caporuscio
Lisa Cavalluzzi
Cassandra Chase
Vanessa Cheng



Caroline Colozza
Stephanie Courey-Aboud
Angela Cristiano
Bianca Cuffaro
Lia D'Abate
Cassandra D'Ambrosio
Brooke Deer
Erica Deutschman



Secondary 2



Kayla Di Gaetano
Sofia Di Girolamo
Lynn Dillon
Caitlin Dixon
Olivia Durand
Alexandra English
Emélie Flemming-Parker



Sheila-Louise Gaon Carlas
Denise Garadjalou
Cassandra Giaccari
Emilie-Rose Giuliani
Katrina Goulakos
Chloe Griffin
Amanda Hajaly



Emma Hannouche
Jessica Hindley
Alexandra Koutsogiannopoulos



Olivia Kuzyk
Rachel Dara Larocque
Darah Lecomplex



Liezl Lee
Samantha Mastromonaco
Alexandra Michailuk



Chloé Peterson-Beaudoin
Tufany Piergiovanni
Jessica Popovic
Karimah Rahman
Katharine Reusch
Marianne Roaldi
Alessandra Ruffolo



Chloé Russo
Lauren Santin
Teresa Sweet
Elizabeth Tomaras
Alessandra Traversari
Alexandra Uva
Alessia Vincelli



Michelle Vokaty
Vianna Yu
Babina Zakrewska
Gianna Zappitelli





Secondary 2 Retreat



Friends are like
stars- you can't
always see them but
you know they are
there.



Singing and laughing
Ermitage St.-Croix
Children of the Light
Sec. II, the best!
Remember the good times.
Energy that never runs out
Try to forget the bad times
Running around outside
Electric personalities
Always be friends
The hallway like
"The Shinning"

The Sec 2 retreat was
great this year. We had a lot
of fun with Ms. Mastro, Mr.
Hammett and a newcomer
to retreat, Ms. Fougere. We
watched the movie "Heart
and Soul", ate, played
outside, drew pictures of a
world with God and friend-
ship and a world without,
and sang songs. We can't
wait until next year's retreat.

Bianca Bertoia & Samantha
Mastormonaco



GIRLS OF THE MOMENT

Talking Fashion



Secondary 3



Class of 2007

Secondary 3



Melanie Al-Ahmad
Gabrielle Alacchi
Alyssa Analytis
Michelle Arsenault
Lara Artinian
Valerie Bisailon
Johanna Bitharas



Catherine Brunelle
Olivia Cameron
Jessica Camero
Kirsten Charron
Christina Christou
Madelyn Coull
Jessica Covino



Krystin D'Agostino
Giuseppina D'Aversa
Amanda De Rigio
Melissa De Riggi
Caitlin De Seve
Jessica Deer
Alexandra Deutschman



Lesi Dikranian
Claire Farrell
Ruvenco Ferdinand-Peterkin
Tara Frem
Elise Frym
Alessandra Gruliano
Melania Golybiowsky



Mercedes Griffin
Alana Guy
Elizabeth Hatzhrisidis
Ariana Ho
Vanessa Jaskolski-Ronald
Stéphanie Karzon
Gillian Kerr



Andrea Latella-Duboyce
Tanya Lo Basso
Sophia Loffreda
Melissa Lombardi
Davina Loporcaro
Viviane Lu
Grace MacDonald



Cynthia Mancinelli
Daniela Manno
Francesca Manno
Amanda Marando
Lisa Martin
Tian Martin
Marie McCulloch



Im-Amara Men
Alexandra Molettieri
Daniela Molettieri
Gloria Nguyen
Mai Nguyen
Cara Orsini
Valentine Ostaszewski





Julia Paniconi
Amanda Lee Phillips
Josie Piscuneri
Sonia Ponari
Kristina Raimondo
Gersande Richer La Flèche
Stephanie Roy
Emily Snell

Chloé St-Cyr
Elizabeth Stronach
Hillary Tabah
Sheena Thibault
Rachel Thoun
Alexandra Troli
Lauren-Amy Vaupshas
Kia Watkins-Martin

Carissa Wong
Monika Zilic



SECONDARY

RETREAT



Waiting for our food...



**Carissa
and Pina**

Stay
healthy...
even on
retreat



Friends coming together...



Smiles at lunch time!



**Melanie
and Amanda**

The
angels
are here
to pro-
tect us
on our
retreat!!



Hugs in front of the
lake...



Taking a break from all the
singing!!



Madelyn

Good
times on
the bus!!

Secondary 4

Fashion crimes"

- tucking your shirt in
- Wearing your kilt full length...
- White polo shirts... (you know the blue ones were hotter!)
- Dress uniform...in the summer!

-The Editors



Class of 2006



Alexandra Abrol
Christina Abrol
Vanessa Afonso
Stéphanie Alberga
Stéphanie Amorosa
Micheline Atallah
Tina Athanasoulis
Caitlin Babin



Jennifer Barwick
Anne Bellini
Janet Belliveau
Vanessa Berretta
Stefania Bertrand
Erin Brownbill
Olivia Burke
Andrea Cavaleri



Sara Cavalluzzi
Emily Chacra
Shayesta Chattoo
Virginia Clarke
Isabella Covino
Sarah Crevier
Maria Cusma Dovico
Jessica D'Amico



Elisa D'Ascario
Christina D'Itri
Jessica De Rosa
Crystal De'Souza
Meghan Denison
Melissa Desmarais
Catherine Farrell
Alexandra Gagnon Rivet



SECONDARY 4



Marion Gale
Linnet Ganten
Alexandra Giannakis
Sandra Godin
Robyn Grassby
Nisha Jaga
Lambrini Kakogiannakis

Laura Kavanagh
Stéphanie Khoury
Gabrielle Lafrance
Anastasia Lambrinos
Charlotte Lamontagne
Alexandra Lantosh
Isabelle Levesque

Michelle Lewis
Katherine Mandilaras
Stephanie Maris
Isabella Matteo
Kelsey Mazzanti
Yasmin Moinuddin
Jennifer Newton

Kylie Newton
Katherine Nicol
Stéphanie Pakis
Kathryn Palmer
Jennifer Panetta
Katerina Panseira
Melissa Panseira

Nicoletta Pantazopoulos
Vanessa Pendenza
Alyssa Power
Samantha Reusch-Desautels
Lisa-Marie Rinaldi
Caroline Rudolph-Zbarsky
Jennifer Sacco

Alexandra Sampson
Kristin Sani
Nadia Santagata
Nadia Simeone
Patricia Snell
Bianca Sportella
Melanie Tutino

Stéphanie Vokaty
Diana Wilberg
Kayla Yip
Stéphanie Zakem

When you go on a date who puts?



♥ In School Top ♥ Us Girls Do Our Own Way ♥ Girl Power Top



Ally Ball- How small
can she go?



Sacred Angels
protected us from
the tears after the
movie.



Even a nunnery would not
be complete without its own
"gangstas"



Here we are happily
waiting to watch "Life as
a House". Little did we
know, many tears would
follow

What? I'm not guilty of
anything... I swear!



The Secondary Fours united!



Eating lunch with friends

"You're
on candid
camera!"



Secondary 4 Retreat!

Horoscopes:

Secondary 3: You're almost seniors, and you have a lot of work ahead of you; work hard, and you'll be able to accomplish anything! New friendships will be made, so be open to them.

High-Vibe Day: Wednesday

Lucky Numbers: 5, 17, 43

Color of 2006 Orange

Secondary 4: The time has finally come--soon you will be graduating.. It is through laughs, tears, and friends that your memories will be made unforgettable. It is up to you to take in every moment and truly appreciate Sacred Heart for what it is- PRICELESS!

High-Vibe Day: Friday

Luck Numbers: 8, 22, 50

Color of 2006: vibrant yellow



Succeed



Love



EXCEED

be

DREAM



Live

Achieve


Free to BELIEVE

BELIEVE



Dream

Succeed



Will your summer love last?

1- You're walking down the street and see your beau with his friends. He:

- a) Winks at you discreetly and keeps walking.
- b) He gives you a hug and asks you how you've been, and introduces you to his friends.
- c) Asks you if you want to join them to go to the beach.

2- You have a cold and can't go out with him when you had a date. He:

- a) Shrugs it off and says it's no big deal.
- b) He says he hopes you feel better and you end up talking to him for hours on the phone.
- c) He goes over to see you and makes you chicken soup and brings you girly magazines.

3- Your friends think:

- a) He's hot but a player.
- b) He's nice but not compatible with you because he's not that serious about the relationship.
- c) He's a total sweetie and that both of you are perfect for each other.

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4- When you ask him why he likes you, he says:

- a) "Because you're pretty and popular."
- b) "Because you're cool to be around, and we have good chemistry."
- c) "Because you're nice, beautiful, and I can really see us being together."

5- He lives:

- a) In Florida (since you met him on vacation).
- b) A few hours drive away.
- c) In your city.

6- When you ask him if you're going to stay together when the summer ends. He says:

- a) "You can never tell - school's so busy."
- b) "I hope so- I really enjoyed spending time with you, but things can change."
- c) "Of course! You're the best thing that happened to me this summer!"

If you picked mostly a's:

Sorry to say, but you and your "beau" may not be destined to be together. His actions do not point towards total commitment nor having a serious relationship. He is looking more for a summer fling.

If you picked mostly b's:

Your beau is semi-committed. You both get along well and have chemistry, but he may not be completely ready for a serious relationship; depending on what you're looking for. This summer love might last, but it's hard to tell.

If you picked mostly c's:

You're both very in tune with each other and like each other very much. He seems like he's serious about this relationship and he might be ready to commit to you. Your summer fling might turn into true love.

Of course, boys will always be boys...



STARS OF 2005



Katelyn Abbey

"Another turning point a fork stuck in the road, time grabs you by the hand, directs you where to go..."MM,MP,TP, CD,Jack,Cap,Dad&Julie: thanks. "It's something unpredictable, but in the end it's right, I hope you've had the time of your life."



Alique Akkelian

A good friend is hard to find, hard to lose and impossible to forget. LD-the memories we share will stay with me forever. AVF you, LIN & I breaking it down-good times! Day..what can I say..ok & to all the rest of my girls (twinkies, KC, JE, CG, CN, NDP, CF) good luck & I hope all your dreams come true.



I will always cherish!! MH good times! SS zest, AD,NE,TI,TPdodgeball, our class, DB, R&P, rabbit, good train times CV and LG. Shoutouts to AD (road trip),LD,MC,AB,SP, CM,TC(stairs),Sabooboo. Mom,Dad & Dust thanks & I love you! Congrats girls!



Anne Michelle Arless



Ashley Arnold

"To thine own self be true." To all the grads, it's been great. Mom thanks for always being there. I love you very much. Chris, keep your dreams alive. To the crew thanks for everything. Keep the faith alive, and never stop dreaming. Love you all!



Robyn Asquini

"I'll be there for you 'cause you're there for me too."-The Remembrands.*Tear* It went so quickly! So many memories MT,DTTT,(VW-coco-nuts) azn invasion and me! AA,AC,RS,RS-love you guys. Thanks mom, dad & leelee for all your support! xox



Alexandra Bagdoo

Every new beginning comes from some other beginning's end. MC-Bff, OMG, Sheman, I luv you, 7 7 7! TP- mullet, empire records, we're the only normal ones! CM-Your eyes did all the talking! Maman, Papa, Chris, Véro, j'vous aimez! Nos expériences font ce que nous sommes aujourd'hui! Good times. Thank-You! xox



As we go on we'll remember all the times we had together...AF-88 Blue Balloons! Can you paint with all the colours of the wind? AM: T-Lee! LJ-somophagus? Hobby horse- it's like, a thinking cap! Good times! KK-memories. I love you guys.

Skawenniio Barnes



What a change from the past years in Toronto, but I did it! Merci maman & papa I love you! Good memories -05 lunch table great times, AMA R&P, SC+CF my posse, JDA pogs+I'm a cave man ST Pythonga & FL never forget & others-Sacred Heart buddies forever!



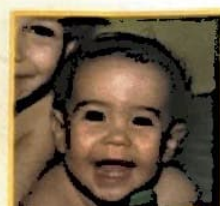
Danielle Beard



To my friends, you're the best; it's been a great 5 years! We have so many memories that I could never forget! A big thanks to my mom & family who have always supported everything I do. To the grads, I hope all your dreams for the future come true.



Adrienne Campbell



If the world is so wrong then you can break them all with one song. Oh Mommy, if you could see me now.



Claire Carny



Five years of our lives have been spent together. I've grown to love some and hate some, but we got through it. To my support group CC, AF & ME, I love you all so much wishing you the best.



Rachel Caron



Guys, you know I luv you. Too many memories to count. Ma&Pa, Anto, thanks for always being there! Vale&Laura, there are no words. Prefects, rebels, icecream, cheri, PIM luv you. Nicole, Bandanna, Nek, energy group, BLOND. It was a blast!



Vanessa Caruso



Melissa Cavaliere



Friends make life a little sweeter. Thanks to AB: moose, laughs & good times, 777, luv you! TP: memories, mullet, enrique, the hair. CM-you get me! NE-movie SP, AMA-we did it! Thanks Mom, Dad & Joey- you helped me along the way! I love you! Remember, life is an experiment...



All the priceless moments: porkey, ice cream, crip4, vicious, my stairs, pop your collar dance, BLOND! Prefects: good times. Ma, Pa, Lee: thanks for always being there! Grads: reach for the stars! Smile, we made it! Grazie a tutti! I'm out ciao xoxo



Teresa Chimienti



My SH ladies: I'll forever cherish the sweet memories I take along in my heart VW: owl, G, Janu: Boys! Who needs them? MC&MR: Friends from the beginning till end Ma, Pa & Gims: thanks for the constant support. Muah Grads: Jee Bhar Jiyo (live to the fullest)



Arohie Chopra



Sophie Cowan



"How lucky I am to have something that makes saying goodbye so hard. Thanks Mom Dad and Xina for all your support. Thanks to all my friends, CF+D = posse. MP, MP, TP, CD, D-A, AD, EL, MH & DLou jokes will live on forever. Girls, love you tons & good luck."



Cassandra Cuffaro



Great friends & memories! Our time together will never be forgotten. Much love: D, LD, AA, DH, CN, TV, JL, A, Alex: EB backyard, 3date. Misa & Mel- couldn't have done it without you! Mom, Dad, Marco- you mean the world to me! Only you can go out & make your dreams a reality.



Grads of 05- We did it! SP-D+S, St Andrews EL- Cookie? VB- my sister EM- train buddies MH- downtown AMA- road trip CF, DB, SC, BS you're amazing! Mel- My BFF... Thanks mom and dad for all your love and support- I couldn't have done it without you!



Amanda Danik



Lindsay David



3 crazy years. To my family, THANKS a lot! Alik, my 3rd sister: what would I do without you? I can't think of only one memory. Alex the sleepovers EVERY weekend. Day stop eating! 3C forever. DP, AA, SS, MH, KC, AM, AS, CG, JE, TV, ND, KM, MH luv ya and good luck!



Jillian Davis-Annett

Going through life in a canoe. Much luv to: LR snacks, SP Italy, TE, CV hoops, DL, KMC, MM, AF, SC, SS, DB, ND, KM, AB. Special thanks to mom, dad, Gray, Yvonne, xox, Jas on, Jared, Jesse, Jody, Steph. How vain it is to sit down to write when you have not stood up to live. Eddy out!



IMADE IT! Thanks to the 2005 Class, my WHOLE Family, Mags, JLH & PK on me? Forever united DB you're the best EngMuff-Sweet Mary JDA-Awesome LD, AA, CF & AM- no words can explain you guys. WM- all the laughs TM-PishNut & Pythonga. Thanks for being there- love you guys!



Nastasia De Paoli



Caroline Donohue



Dream until your dream comes true. To my friends, for making these five years worth every second, I love you and I wouldn't be me if I hadn't met you. To my family for always being there. Don't forget to breathe; it's a big world out there...



Natasha Egiziano



Guys we made it! Thanks Mom, Dad, Gio, Stef. To my friends, thanks for always being there for me. SP-rain dance, JDA-tripod, roof; VC-phonecalls; SM-randness, AF-love; monkey-AMA-TILF, SS-makeup; Robbie, MC-movie, TC-call for a reason, CS, SPC, NLB- laughs.



It is hard to believe that five years have already gone by. Mom and Dad, thanks for everything. To all my friends, thanks for all the good times: Stratford, 2b memories, my eye! Bertha! Christa, you're my girl, I love you. Good luck and Ciao!



Josephine Esposito



Meaghan Evans



"Good friends we have,
Oh good friends we
have lost along the way,
In this great future you
can't forget your past,
So dry your tears, I say,
No woman no cry"
-Bob Marley. For lack
of space, to the end of
the beginning. Family,
friends, thanks guys.



Mom,Papa,Pat! xxx- Eli-
l'autre moitié. AM-TB
forever. CC,ME,RC-sup-
port group. SB-88blue bal-
loons. LJ-footsie. VC&DH-
Energy Trio. TC-mysquare
NE-LOVE. DJR-good
times. JDA,SS,KM [These
are times we'll miss. The
memories, I hope they'll
never fade.]



Anne Fournel



"Truly great FRIENDS
are hard to find, difficult
to leave, and impossible
to forget." You made
the difference in my
life. Family: Thanks for
helping me write the
first chapter of my life.
Teachers: Thanks for the
knowledge to tackle the
next chapter.



Tracy Frem



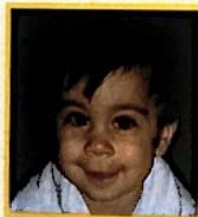
Carly Fridhandler



*So hard to do, so easy
to say, sometimes you
just have to walk away*
Mom&Dad thank you
for everything. Word to
AD, NDP, MH, AA, SS,
EM. IIIA,IIB,LR-cheers to
HH,Em-MaBlondie. BRB.
SC+DB=posse! Bharp.
The Memories Will Last
Forever.



Laura Giaccari



We began a journey 5
years ago and it has now
come to an end.LR-the
laughsK-MAC-theadvice
J-DA-beat box MH-the
mints SP&BS-lunch table
CV&DL-you never cease
to amaze me-bff. Family-
mysupportsystem. Grads
of 05 never stop dreaming
& smiling. Good luck!



I'll always remember...
TV,AV,KM,JL,AS,AM,L
DAA,DH,KC,CN,DPM
H you girls are my moti-
vation. Anna,Clauds,
Sarah,Larissa, my inspi-
ration. Jos, my second
self. Mom, my partner.
Dad, my determination.
Kat, my strength. Girls
we made it! Good luck
and au revoir.



Christa Goulakos



I can't believe it's really over! I'll never forget the memories we shared together; laughter and tears. Thank you to all those people who stood by me along the way: family, friends and teachers, you've been my inspiration. -Live without regrets! Carpe Diem!

Sophia Grigoropoulos



So many memories that I'll never forget, AA-what? okay, LD-slackers!, CN-I see them. Run! Bertha.CG,CC. Stratford. Manicure? Bharp, mom&dad-thanks for putting up with me. I love you. amanda-#1sister-love you. sit&jid-thanks, adrien-love you always.



Dayna Hajaly



To all my girls -we finally made it! Thanks to my family, KC&Mel: wouldn't have done it without you girls! Mattiou, William, VP, Linny, shorty, porkey, mints, poopie, rebels, Laslo, ballet, twinkle toes, bagnes: Castellos, roof, 3date, Asian Pride!



Marisa Hattem



What's up 6f-random. Two blondes & a redhead- what more can there be from Barry falling off the horse to the hole in the tree? Too many memories. AM. AD I luv your attitude. Em reject. DB stuart SC. To all my sacred hearters I always got your backs. Oh boy, kumquat.

Melissa Hindley



Grads at last! Mom, Dad, Alex danke fur alles. Luv you! Meg, rock on forever. Iz, Flash, Kav, Gab, Stef, Steph couldn't have done it sans vous. Library Crew, thanks for keeping me certifiably insane. Si hoc legere scribis nimum eruditionis habes.

Krista Hold



"My insight through the mind I exercise my right to express when I feel it's time. It's just all in your mind what you interpret it as if you don't understand, don't even bother to ask" -Eminem. Friends & Family-niawen Cody love you 2005 Onenki!



Lauren Jacco



Maria Kyres



Five years have gone by so fast. Many memories have been made & many friendships. "Best friends are like diamonds, precious and rare." TE, RP, MT, KA, MP, CD, TP, MM I love you guys. Mom, Dad, Cher thank you for believing in me. To all the grads, we did it!



Don't let them hold you down, reach for the stars! Thanks to ma, dad, DC-much love! Shout out to: Kmac, LR, SP, OC, JD A, SS, SC, BS-Fab times! L6+CV-you know how we do-you're my girls for life! Sure! Congrats grads of 05. Holla at your girl xoxo!



Dania Lecomplex Ochy



Props to AD, CF, MH, DB, SC, EM & DP-2C & 3A memories-What's up MH? 6F Baby! CF-Ma Rousse-AD-Cookie? Big hugs to Mum, Dad, Meg & Grammy. Congrats Grads, it's been a blast! Good luck!



Emélie Lee Larivée



Jennifer Lim



We made it out alive! The past 5 years have been hard but fun. AC, thank you for always being there, the laughter and jokes that we shared won't be forgotten. DP, AV, TV, AM, thank you for listening & making me realise it. Kat, time did heal. Grads 2005: WE DID IT! Good luck & I will miss you all!



Natasha Lo Basso



To my family, thank you for always encouraging me. To my teachers, thanks for being my role models. To my friends: CT & AG, I wish we could have done it together, to CS, SPC, AM, SP, NE, TP SS, SM thanks for being there. You mean more to me than I can say...



I love each one of you in the class of 2005; it has been the best year of my life! Lunch table-DT, MT, 2RS, AC, RA, VW-luv all of you & thanks for being with me! Much luv to Anne, SG, DZ, I love you guys! Thank you to all my teachers for supporting me! To the grads, I'm going to miss you all!!



Azusa Maeda



Alessandra Manno



A giant leap from my heart to your arms before it's time to leave. SB el presidente!- VB banana! AC<3-VC Oh my gosh! RC, -AFB forever! DH, LJ<3 -CM-NLB, TP Mikey-436, SP-SPC-BS-CS<3B+TLEE-Only true friends put up with crazy obsessions. I love you all!



I can't believe we finally made it! To my friends: TP my eye's twitching, brochure, MC so much in common, AB chem buddy, AM listening to bandana stories, AMA hugs & AA you've been such a great friend. To my mom, dad & Amanda thank you for everything.



Caterina Marando



To the grads of 05, we finally made it! Thanks to my family & all my amazing friends: LR, AD, MH, EL, DB, BS, SP, SC, CF, luv you all immensely. CN&LN-I love you girls. Stratford, lunch table, breakfasts, train rides&more. Thanks girls, peace out, love ya.



Evanthia Markou



Dance like nobody's watching, Lovelike you've never been burned, Sing like nobody's listening, Live like it's heaven on earth. JAMBO-KA, SC, CD, JDA, ME, TFMK, TPRPMP, VVW Italy04-Unforgettable. Mom, Dad, T-Loveyou. Knowledge speaks, but wisdom listens-Hendrix



Miju Martin



Wow, 5 years already! Thank you to all my friends for being there: DP, AS, AN, CG, JL, CF. AP-GGs Forever! AVF-our ways! TV-McDonald workers! CVAN, LG, DL-superstars, muahh! ALL-AK you guys made my days! To my friends & family I love you all!



Kathleen McCallan



It's hard to believe that this is all coming to an end. Mom, Dad, Marie & Papou, thank you for your love and support. O the memories- BLOND-SSUNS -Prefects-love you Paris-major convos(Sophia)-Vince-In Many Ways They'll Miss The Good Old Days(The Strokes)



Sara McCulloch



Katherine Meredith



"There are places I remember all my life, though some have changed"-The Beatles. IB,IID,IIIB,IVA,VA. Mo Westers, 31 Mile Lake(lol FM!), badminton-Shaida & snack club! Hi how are ya, gorgie, I'm game, sisley why are you here? Go home...bye allen!



To my D3 sisters, without you I would not be here today. Great memories! TV: downtown baby! To my family: thank you, I luv you. Never forget, your word is all you have, don't ever let someone tell you otherwise. It's a wrap!



Amanda Murray



It's hard to believe that five years have gone by so quickly. Mom, Dad, Zouzy, thank you! You girls have made my years here priceless. Murdock! 3C my crew -good times a.a.h! movie-beginning! I love you all thanks for the amazing memories.



Chanel Najjar



Stephanie Panetta



WE MADE IT! To all my family thanks for all the love and support. To all my teachers you have been an amazing inspiration. To my friends I'm a blond for life JP KD TC-sbl NE-rain dance VC JDA-Italy SM, SPC NLB, CS, SS, MH, AMA, VP: memories last a lifetime.



Deena Patel





Give it up to the graduates of 2005, we made it. Mom and Dad you are my strength I love you. Thanks to my big bro. Friends, my memories (forever: AV, DTP-karma JL) 2C 3C J, B, F, S, H- my girlies (everlasting). Follow your dreams xx



Many people will walk into your life, but only true friends will leave foot prints in your heart- Thanks KA,SC,CD,MM,MP,RP, TF, MK! Italy'04-Wonderwall. Appreciation to teachers. Love Mom,Dad,Dario. Some people grin and bear it, we smile and change it.





Tania Pellizzari


"We were always dreaming of how it was going to be." -George Lucas. To all my family, thanks for all that you have given me. Vi amo tanto! To my great friends, memories to last a lifetime. Now it is time to find out how it will unfold.

Romina Perrotti



Grads of 2005, 5 years gone by-IA,2D,3A,4B,VA-great times! Mom, Dad, Von I love you. SC,MM,TP,KT,CD-all our jokes! Whenever you are sad, remember there are at least 80 girls here who love you. Don't be sad because it's over, smile because it happened.

Monica Peters



Stratford, lunch time conversations...where to begin? AMA: our Diego,smarties MC: Enrique,sm,the hairAB: remember when I fell,moose CM: our talks AM: little mikey NL: math buddy, Mom,Dad,Cris,Jo-luv you guys. We made it! Thanks for all the memories. xox

Teresa Piscuneri



I'd like to say thank you to each of you for the smiles, laughter & strength that you've given me. KM,AS,TV,CG,AM JL,DP,AV you girls have helped make me the person I am today & no words can describe how much I love you..Unforgettable. We did it!

Anna Pollock

DL,SS,AMA,CV,LG,AM,VB=J-bff-DT AD-D&S, ST-drews BS-LA Hills (B&S). Good times, thank you. My family thanks for all your love & support -Mom, Dad, Sonia & E.m (best)-Grads 05 -The world is yours.

Sabrina Ponari

5 years passed faster than I thought. Thank you Mom,Dad,Mat,Laura for always helping and supporting me. Thank you NLB, CS, SP, NE, SM, SS for being amazing friends and thanks to my teachers. There have been unforgettable memories. Good Luck to Class'05!

Sophie Predan-Chauvin



Lisa Rasmussen



That's hot...Thanks to mom, dad & family for the love & support, DL, LG, BS, EM, for the memories. Crazy times with: CF-cheers! 2HH, JDA-the snacks, CV- cinda, SS, random talks & all the laughs! Much love and good luck! xox



Ladies, we've made it. My sexy ladies, Mom and Dad, you are my sunshine. "I have failed over & over in my life, that is why I succeed." To the teachers, I will never forget SHSM. Class of 05', I LOVE YOU ALL.



Ritzy Leah Salvador



Wow, what an amazing five years full of laughter & full of tears! I'll have so many memories thanks to all my friends: LR, JDA, CV, LG, DL, AD & SP. The rest of you know who you are! Thanks to my family for being there, luv you all- LA Hills (B&S). I LOVE YOU



Bianca Santangelo



Andrea Sargisson



Word to the grads! D3 sisters: Love is Blind. Lauren, my angel, I love you. Family, you're my strength. "Don't go chasing waterfalls, please stick to the rivers and the lakes that you're used to." I'm out.



Sophia Sekkat



"Effort is success"-Mr Bordonaro. Thank you to my teachers & family for being my mentors & supporting me! To my friends-NE, SPC, CS SP, TC, SM, VC, NLB, JDA -I couldn't have done anything without you! Lis: Thanks for bringing out the craziness in me. Cheers! Carpe Diem!



Finally & sadly 5 memorable years of our lives are over. These 5 years will surely be ones to remember especially 2C! My luv to Mom, Dad, Jannie, Jitin & thanks to my friends (azn crowd + significant others), & to the graduates (class of 2005) "We did it!"



Ravneet Singh



Claudia Spina



To NL SPC VW AM SS SM RS AC SP NE your friendships are priceless; teachers you were my voice of reason & to my family all my gratitude. You've all helped me become who I am. So even though all good things come to an end my love for you never will.



Shannon Summers

Never forget! Thanks so much to all my friends who made these 5 years amazing. AMA(BFF-zest,a.d too much,NE (makeup, guy probs, luv you for life!), CD(qt,nb). SP,SS,DL,CF,LD,KM,CD, Mom,Dad,Steve thanks for everything! Grads of 05 love you all tons!

"Go into the future, don't look at the past, let the bad go, and let the good last. Brace yourself for a new world to conquer, Memories made here are what make you stronger" -Y.T Rock on C.O'05 -xoxo-



Megan Thomas



Mila Tran

Five years have passed by so quickly. I would like to thank my parents, teachers and friends for their support. You have all taught me so much. Many memories with azan invasion, independence, changes and whispers. Life is water, just let it flow.



Dan Thanh Truong



Lattie da...(memories) T.O. concerts, camping, parties (m.j), ricola my friend, SSUNS. Thanks to YI,VVW(my bests),JY, AZN INVASION + RA, farmers, maris, my family, you keep me sane! -Face the evil and laugh when it turns around.



Alexandra Valente-Fernandes

To all my girls- you're my strength.JLim-staystrong,AP, AM, AS, NDP-french toast, MH,CC-castello, 3date, 123, azn, KM-our ways, DPTV-lunch convos, bball LD-the sun is rising AA-LD-downtown, eggs Jesse-boo Para minha familia obrigado. I'm out!



Tenisha Valliant



It has been a long 5 years. Lest we forget. Laughed, cried, yelled, whispered, celebrated & ran into walls/lockers. All my sacred girlies, love all of you: AM, AS, KM, AV, DTP, JL, CC, AP, Laughter by far is the best medicine. Con Familia, nada mejor.



"It's all said & done, it's real & it's been fun. Grads of 05 we did it! To all my friends I luv you. DL & LG never forget laughs BFF, LR cinda, K-Mac my superstar, JDA hoops, SP & BS lunch. IIIA. Mom, Dad & Paul thanks "Truly good friends are hard to find, difficult to leave & impossible to forget." Peace out xoxo



Christine Vannelli



Congrats to all the grads of 2005! Thanks to all those who have made it beautiful to live: my family and friends: AA, RA furry, AC trekky, AC baby, SG, AM, CS man, RLS, RS, DT 2nd mom, MT the two, MT troubled times! Peace, Love and Deathmetal.



Vanessa Velkoff-Woo



Diana Zavergiu



Hi everybody! I hope you all enjoy Grad. It's been an interesting four years at Sacred Heart & probably rewarding as well. It's been fun meeting people from all over the island and off. Good luck! To my friends, hope to keep in touch. Thanks Mom & Dad.



SECONDARY 5 RETREAT

Do you remember being robbed of our teenage necessities! (cellphones, MP3's, etc.)?

"If you're lost you can look - and you will find me, Time after time, If you fall I will catch you - I'll be waiting, Time after time..."

- Cyndi Lauper

OMG...How did we ever live for 48 hours...(if not more) without calling our boyfriends!

We'll all remember:

- The mass and candle ceremony that brought us closer...and that made us cry (hysterically!)
- The blue's notes!
- The movies: "The Fisher King" and "Beaches."
- The treasure hunt-crawling on our hands and searching for toothpaste, SHSM agenda...
- The new friendships we formed...



Stratford



Memories will last forever...



SHOP 'TIL YOU DROP

THE AVERAGE WEEKEND IN THE
LIFE OF A SACRED HEART GRAD...
SHOPPING!

ALDO

COURS MONT-ROYAL

BROWNS

GUESS

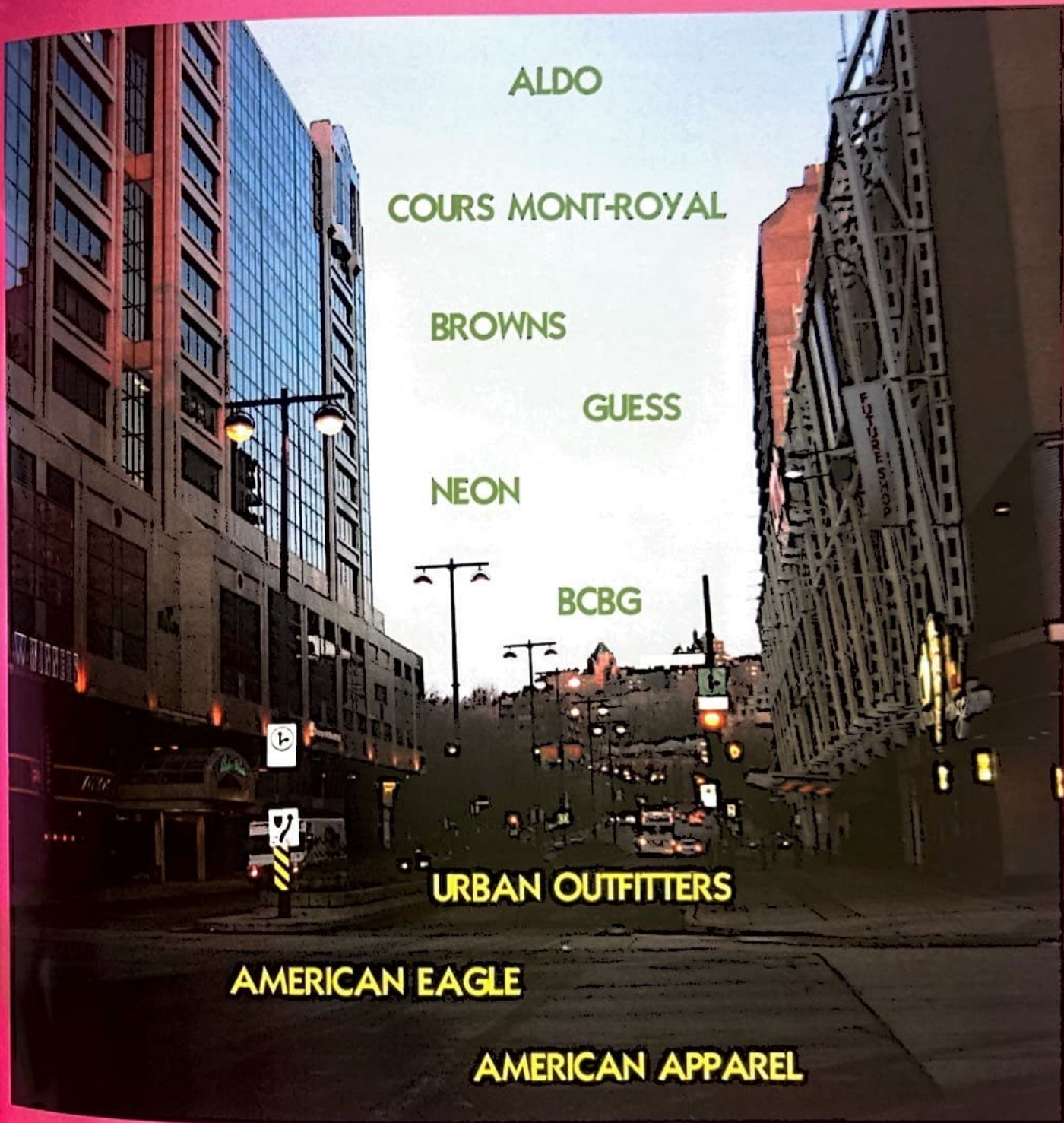
NEON

BCBG

URBAN OUTFITTERS

AMERICAN EAGLE

AMERICAN APPAREL



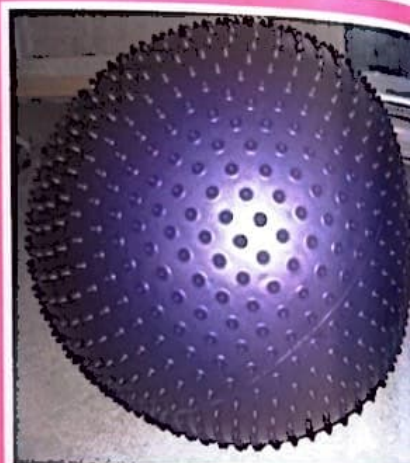
The Chronicles of a Sacred Heart Grad

Beauty Queen

This is a story of a girl who always felt unpretty. She feared that prom would be a nightmare: her dress wouldn't fit right, her feet would swell, her makeup would leak and her date wouldn't show up. Then she fell upon a book called the *Chronicles of a Sacred Heart Grad* and her grad night was unforgettable.

She had always been a good girl. She played by the rules, never kissed on the first date, and agreed that Daddy knew best. Tonight is your night to be a prom princess!

Morning 8:00 a.m. - 12:00 p.m.



Rise and shine it's 8 a.m. and time to get up to get yourself ready for your big day. Breakfast is the most important meal of the day, especially on your grad day. Stock up on fresh fruits and cereal to keep you going through the night. Don't forget to pack yourself a few snacks for the long night; you will definitely need an energy boost! Now it's time to get dressed for your hair appointment. Button shirts do the trick, you wouldn't want to ruin your hair getting out of a tight shirt!



Don't forget that your hairdo has to stay all night. Don't go for anything too big, plain and simple never goes out of style! Whether your makeup is home made or done by professionals the colors of the summer are gold, bronze, and pink sheers. If you're wearing a dark dress try a smokey eye and if you're wearing a lighter dress try sheers and pastels on your eyes and extra glossy lips. Everything has to be perfect so don't neglect your bitten nails. Try a home made manicure and pedicure if you want to save some extra money.

Afternoon 12:00 p.m. - 3:00 p.m.



It's lunch time: it's very important that you eat as much as you can to get as much energy as possible. Try pasta or anything with a lot of protein (chicken, fish, etc.). Eat before you get dressed! It's finally the time to put on your prom dress, the one you ran on the treadmill for hours to fit in! Shoes are a very important part of the outfit. Try a bold color if you're wearing basic black or white. Make sure your shoes are comfortable: you'll be walking all night (or bring extra flip flops for after prom).



This is your last chance to check over your "Things to Remember" list. Check over and make sure you have everything. You wouldn't want to realise you've forgotten your money once you're at the hotel. The limo has arrived to pick you up: don't forget to stay safe and have fun.

Movies for the limo: go for the good old classics!

Just in case your menu catches on fire- "wink wink!"

Things to Remember:

- ✓ Bring lipgloss in purse
- Bra straps for after prom
- ✓ Toiletry Bag
- ✓ Socks
- Extra LOW shoes (flip-flops)
- Change of clothes
- ✓ Junk Food

- Hair spray
- ✓ Camera
- Candy
- Money
- ✓ Cell phone
- ✓ Kleenex
- Movies and Magazines for limo



Secondary 5 Entertainment



Fun times ... and long hours preparing!



Nuns, Sombreros, and "oompa loompas" made the whole show so memorable...



Tear...

WORDS FROM CALIFORNIA
 You've been on the run
 Ever since Sec. 1
 Making friends since day 1
 Oh! asleep here you came
 Won't forget you when you're gone
 Out into the world
 Remember what you've learned
 To drive down the road of life
 Oh! asleep here you came
 Won't forget you when you're gone
 Oh! asleep here you came
 Won't forget you when you're gone



SEC 5 Entertainment MEMORIES

- Singing the Grad Song at the end...followed by a whole lot of crying...!
- The switched lyrics of the song "California" sung by the secondary 4s
- The original canvas frames made for the grads
- The whole show, which was hilarious!
- The slide show of pictures that really touched our hearts...

A big **THANK YOU** to the Secondary 4s who put in a lot of time & effort to make this night possible!



What our Stars (might be..)

- Josephine E.: Most likely to become a public speaker.
Marissa H.: Most likely to be mistaken for Jennifer Lim.
Alique A.: Most likely to use up the world's supply of gel.
Bianca S.: Most likely to marry a director in California so she can act in his movies.
Amanda D.: Most likely to marry and divorce many times, end up with Hoolie at the end, and grow old while partying with Melissa H.
Melissa H.: Most likely to move to Africa, marry Sheldon, have 6 kids, and grow old while partying with Amanda D.
Kathleen M.: Most likely to die of a cardiac arrest in a McDonalds but still look classy and chic.
Andrea S.: Most likely to become a fashion designer in France, get sick of French boys; come back and marry a with dreads.
Anna P.: Most likely to prepare going to the Grammys for a year, show up, see no hot guys and leave ten minutes later.
Shannon S.: Most likely to live in a plastic Barbie house, marry Ken, and live happily ever after.
Anne-Michelle A.: Most likely to start a golf tournament where all the guys have to be male models.
Alexandra B.: Most likely to marry a man with straight hair but still have babies with afros.
Lisa R.: Most likely to appear on an episode of Cops.
Monica P.: Most likely to live at camp and marry a guy named Chris.
Caroline D.: Most likely to marry Ryan Peake and have her wedding song be by Coldplay.
Ravneet S.: Most likely to move to an Omish country and give up all her material possessions such as jewelry, magazines and Louis Vuitton.
Arohie C.: Most likely to forget she's Indian.
Dan Thanh T.: Most likely to be mute by the age of 25 and still try to argue her way out of things with spastic hand signals.
Vanessa V.W.: Most likely to run in a triathlon and win.
Megan T.: Most likely to gain weight eating celery.
Krista H.: Most likely to take over the world.
Mila T.: Most likely to get a tan.
Azusa M.: Most likely to run to the border and meet Ms. Nish.
Adrienne C.: Most likely to become a math teacher.
Ritz S.: Most likely to marry a Filipino from Plamondon metro.
Katie A.: Most likely to marry a French guy... "Je le veux" (I do)... what?
Jillian D.A.: Most likely to become the next Julia Roberts and marry Pheneus Walter.
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Natasha E.: Most likely to be the one who is least expected to party hard BUT who does.
Melissa C.: Most likely to be confused at her own wedding, kiss the best man, and give out Purel bottles as wedding favors.
Tania P.: Most likely to get engaged, married, and divorced all at the same time while using a pros and cons list.
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Robyn A.: Most likely to convince the world that she's a short Asian.



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Anne F.: Most likely to lie in front of a garbage truck and demand that it's contents be searched for recyclable materials.

Most likely to...Most likely not to...Most likely to...most likely not too...Most likely to...Most likely not to...Most likely

in the Future

- Danielle B.: Most likely to marry a Selwyn boy, move back to Toronto, and have kids who wear Tear aways.
- Sophie C.: Most likely to have a nervous breakdown if she lost her cell phone.
- Claire C.: Most likely to dye her hair platinum blonde, and claim to be Gwen Stefani. Absolutefly marry a little man have a double wedding with Rachel and replace the bridesmaids' bouquets with toy poodles.
- Lindsay D.: Most likely to marry a Lebanese boy and cheat on him with his brother.
- Claudia S.: Most likely to be engaged to "Don Juan" in northern Italy in exactly 8 years and show up in a History Documentary on the Discovery Channel.
- Tracy F.: Most likely to be the next official spokeswoman for Crest Whitestrips.
- Maria K.: Most likely to dye her hair blonde, and co-host on Newlyweds, as Jessica Simpson's new best friend.
- Romina P.: Most likely To marry a tall, dark and handsome Italian soccer player.
- Sara M.: Most likely to be the next Marc Jacobs, design a fashionable full body cast and marry the lead singer of a band.
- Sophia S.: Most likely to invent environmentally friendly makeup.
- Carly F.: Most likely to dye her hair brown and appear on Canadian Idol.
- Evanthia M.: Most likely to move to a Greek Island without anyone knowing and lose her cell phone and glasses.
- Tenisha V.: Most likely to get away with murder.
- Emilie L.: Most likely to run off on horseback and marry Paul Delplace on a sunny beach.
- Lauren J.: Most likely to have the first gino-native baby.
- Teresa C.: Most likely to open her own food factory and eat herself into bankruptcy.
- Christa G.: Most likely to marry the richest man in Canada, divorce him for the richest man in the world and change her name to Paris.
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- Alexandra V.: Most likely to invent a heartbreak remedy, make millions off it and exile herself to an island full of beautiful, exotic men.
- Denna P.: Most likely to get married and not tell anyone.
- Amanda M.: Most likely to declare Monday a national holiday and spend it maxing out her credit card.
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- Jennifer L.: Most likely to get grossed out by herself for sweating during the halo road race.
- Miju M.: Most likely to marry a Cuban and star in the next Dirty Dancing.
- Allessandra M.: Most likely to meet a man 20 years older on public transportation fall in love with him but marry his son.
- Skaennilo B.: Most likely to spend the rest of her life playing checkers...in the white house.
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- Nastasia D.: Most likely to be the only Westmount soccer mom to win the title of the all you can eat poutine competition.



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>> STAR Scoop

★ Prom

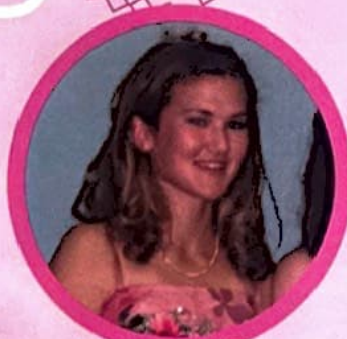


Inside Gossip!

Everyone looked gorgeous, and had very original makeup (Whether it was home-made or MAC-made). No one had the same dress (thankfully!) - all the way from BCBG to New York City and Florida! All in all, FASH-ION on prom night was great!



Prom was a memorable night filled with laughs, cries and dancing! The grads all met at school to take their group picture, then went off to Chateau Champlain to enjoy their graduation dance. Later we went out...then had a breakfast for the grade at 6am (yes, 6am!) It was a night that will never be forgotten.



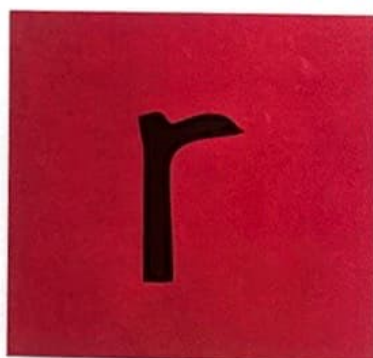
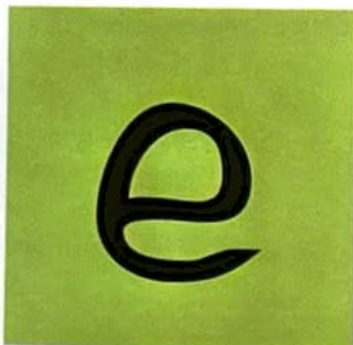
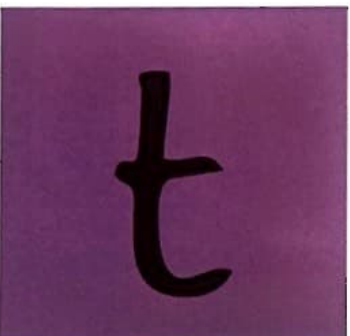
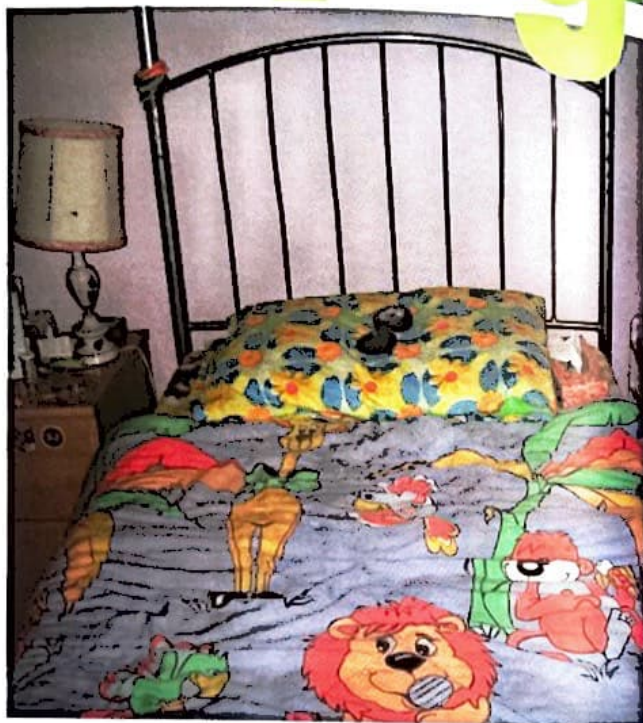
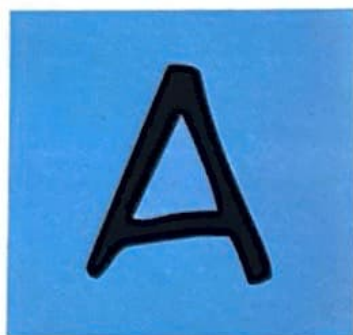
Night

Sealed with a Kiss... 





The Morning



At 6 in the morning, we all re-united at "Egg-spectations" downtown. Everyone looked... "great" and oh-so tired as we all partially fell asleep, resting our heads on the tables as we waited for our food. We had breakfast half awake not quite knowing what we were eating, then went home or to a friend's house to have a nice rest. zzzz....

C E G R A D E M O N Y

The day has come...



"Here's to the times we felt alive, here's
to the tears you knew you'd cry; here's
to goodbye, tomorrow's gonna come too
soon..." - Sec 5 Grad Song

Valedictory Address

by Skawennilio Barnes

"Congratulations! Today is your day. You're off to great places you're off and away."

Good afternoon guests, faculty, parents, and fellow graduates. We are gathered here today to acknowledge the accomplishments of the graduating Class of 2005. After five years of hard work and perseverance, the day is finally here when we will leave these familiar walls and embark on a new journey into the future.

I sometimes think back to my first memory at the Sacred Heart School of Montreal - the time was September 2000, and it was my first day of Secondary one. I can clearly remember walking into the huge castle at the top of the hill, dressed to perfection in my new uniform: the blue polo, the kilt, the navy blue knee-highs, and the black Docs. Five years ago we all walked into this foreign and strange castle that has now become so familiar to us.

I can recall my first lunch in the dining hall, sitting with girls who seemed just as lost and confused as I felt. As I slurped my soup, a teacher tapped me on the shoulder. She informed me that I was not eating my soup properly, like a well-mannered young woman should. It was at this point that I realized that an education at the Sacred Heart was about something more than just academics - it was also an education of the mind, the body, and the soul.

Over the past five years, basic manners were instilled in us - posture, sitting with one foot in the in-step of the other, standing when an adult enters the room, and yes, even eating properly. We have been taught to love, to be kind, and to treat everybody with respect. Furthermore, we have been become academically disciplined - disciplined in the best way possible.

Sure there were times when we questioned the rules, and Sacred Heart seemed more like a barred prison than a castle. I believe that it is fair to say that every single one of us would have given anything to not be here at one point or another - whether it be the stress caused from all of the work, our hectic schedules, or from some of the rules - however we have now come to understand that everything was well intended. We have come to realize that the positive aspects of Sacred Heart definitely overcome the negative. Some of our best years were spent here. Friendships that will last a lifetime were forged within these stone walls. The experience of enduring high school with only girls is a unique one. It's amazing how we, as girls, always manage to find something to complain about - whether it is the rain that made our hair frizzy, or that mark we knew we deserved on that test. However, at this point in time, we cannot complain about the friendships and memories of the past five years, I can guarantee that one of these memories will include the person sitting beside you, or the girl sitting two rows ahead. These memories are precious keepsakes that will remain with us forever.

To the faculty, thank you for always being there for us when we needed you most. You were all always so understanding and helpful. You not only educated us in academics, but in life as well. You were the ones that put a smile on our faces.

To our families and friends, thank you for always being there for us throughout our high school years. We are grateful that you pushed us to keep going, and for never giving up on us. We might not say it, but we do appreciate all of your help and support.

To the graduates, and to my friends. We came here five years ago, not knowing anyone. Today, we stand together as friends who are so close, we are almost like sisters. We have spent our teenage years together and we made so many memories together. We learned together, we went on retreats together, and who could forget our trip to Stratford? When somebody has a bad day, all of the hugs and helpful talks would help make everything better. We grew together, we laughed together, and we cried together. This place has become a second home for us. We have grown so comfortable within these stone walls - the familiar corridors, the familiar faces, and the familiar years that only we would understand, like D  tente, FIGA, BLC, and DASHABUSTADD. It will never be the same wherever our path in life leads us, I'm sure we will miss it. Five years ago we walked through the Penfield doors as naive little girls, and today, after much learning and growth, we are about to walk out into the world as confident young women.

I know that, as we take our next step in life, we will all be successful in our own unique way. We must not fear the unknown. We must make our mark on the world, and within the lessons that we learned here - the lessons on respect, hard work, compassion, and courtesy - we are now prepared to embark on our journey into the world. As you continue your voyage into the world, you must remember to be courteous and to learn from your mistakes. Remember to be kind, because as we all know, kindness never goes out of style. And lastly, never stop smiling.

Dr. Seuss once wrote, "You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. You are the one who'll decide where to go." Our time is up, and it's time to hang up the uniform - our high school years are over. I'll miss you girls.

Special Prizes

Honour Roll Prizes:

Robyn Asquini
Skawennia Barnes
Meaghan Evans*
Tracy Frem

Azusa Moeda
Stephanie Panetta*
Claudia Spina
Dan Thanh Truong

* Five years on Honour Roll

The Sacred Heart Music Award
The Sacred Heart School of Montreal Art Prize
Headmistress' Memory Book Award

Bruce M. Hicks Public Service Award
The Debating Prize
Sacred Heart B.L.C. Award for English
Student Council Prize
Parents' Guild Prize for Social Studies
Sister Gertrude McNamara Memorial
Prize for Mathematics
Soeur Annette Archambault Memorial Prize for
French Second Language
City House Foundation Bilingual Proficiency Prize
Auriol Wilkins Roper Memorial Prize for
Inter-school Sports
Heather MacDugall Memorial Prize for Fine Arts
Judith Rossi Memorial Prize for Drama
McGill Science Award for exceptional promise in
Science and Mathematics
Estelle Fitzgibbon Memorial Prize for highest
composite average in Science
Patty Forbes Memorial Prize for Health Sciences
The Lieutenant Governor's Award for academic
diligence and personal, social and community involvement
Provincial Council Award for demonstrating compassion and
exceptional dedication through social action
Frances Smith Memorial Prize for significant contribution to the
life of the school
Governor General's Medal and Parents' Guild Award for the
student with the highest general average

Sophia Grigoropoulos
Meaghan Evans
Melissa Cavaliere, Co-editor
Dan Thanh Truong, Co-editor
Alexandra Bagdoo
Dan Thanh Truong
Andrea Sargisson
Claudia Spina
Claudia Spina

Skawennia Barnes

Natasha Lo Basso
Dan Thanh Truong

Ashley-Jillian Davis-Annett
Andrea Sargisson
Ashley-Jillian Davis-Annett

Sophia Grigoropoulos

Skawennia Barnes
Stephanie Panetta

Sophia Grigoropoulos

Anne Laura Fomel

Claudia Spina

Skawennia Barnes



Targeau-Bonzai



DOMO ARIGATO
MR. ROBOT



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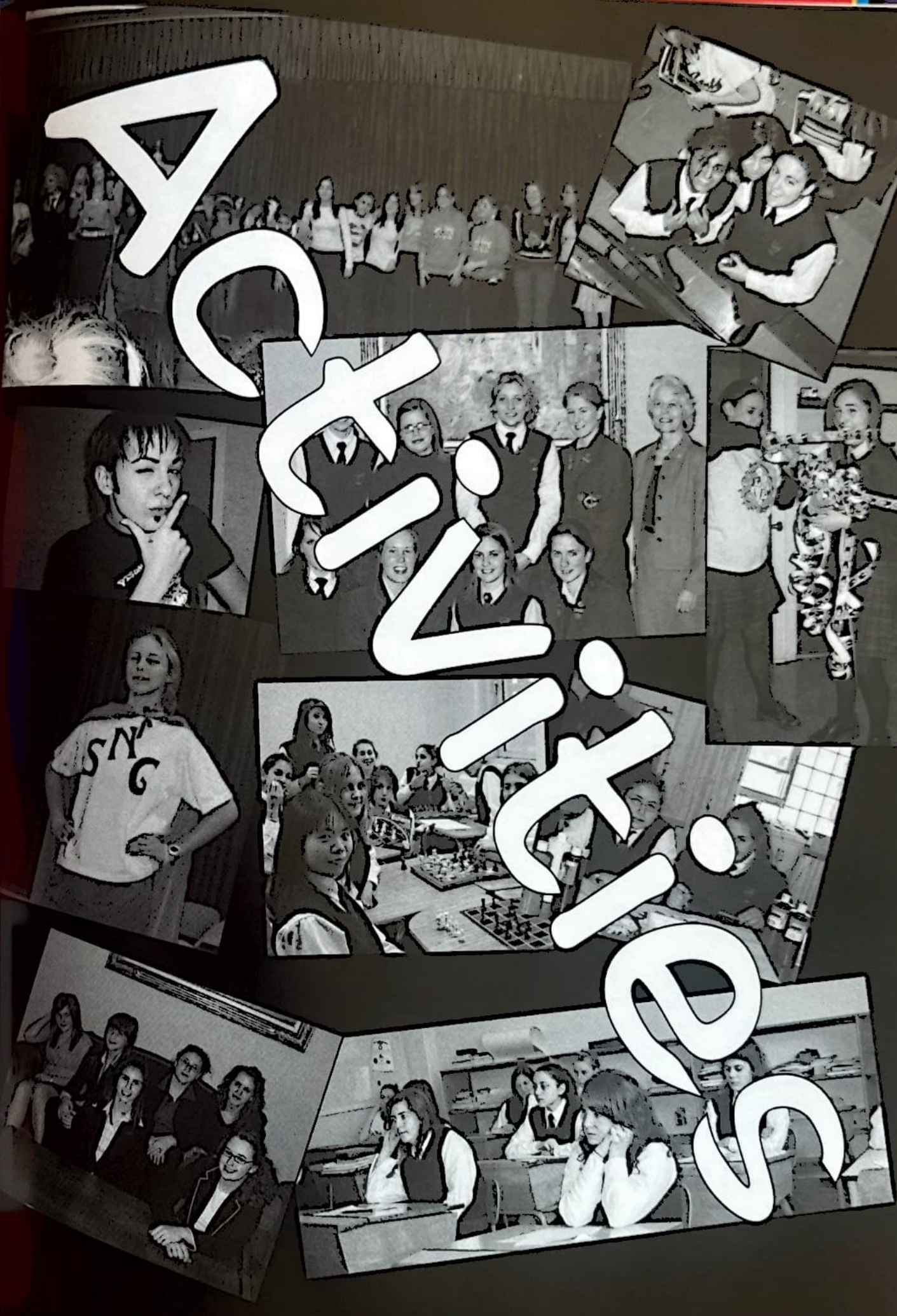
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Breast Cancer Walk



Lindsey David



Alique Akkelian



Melissa Desmarais



Dayna Hajaly



Jennifer Newton



Emily Chacra



**Our school raised
in total over 45
thousand dollars!**

Though the walk seemed very long, it is nothing compared to the challenges women diagnosed with breast cancer face every day.



Hope. Faith. Cheering. Pink.

One reason: Girls for the Cure!

SHSM, Villa Maria, Trafalgar,

E.C.S., The Study & Q.A.A.



The schools gathered on September 28, 2004, at Mount Royal in the hope to find a cure for breast cancer.

SPIRIT WEEK



Oh no!
Where did
the spirit
go?....
Good thing
our Sacred
Heart Men
in Black
were here
to come to
the rescue
and bring
it back .



Spirit can
be defined as
a strong loy-
alty or dedica-
tion . At the
Sacred Heart,
it is defined as
dressing up in
the wackiest
costume possi-
ble and making a
fool of oneself!



Christmas

CHRISTMAS CONCERT



Have a Singin' Christmas!

CHRISTMAS BAZAAR



Time . . .



“From home to home, and heart to heart, from one place to another. The warmth and joy of Christmas, brings us closer to each other.

--Emily Matthews”



Christmas Wishes



CARNIVAL

Activities:

-skiing
-tubing
-skating



Let me see you ski and tube!!!



DASHABUSTADD

Secret's Secret Search



And the STADD Award goes to...

Best trademark... Ms Gendron
Most misunderstood... Ms Del Torto
Best dressed... Ms Ingelton & Mme. Drouin
Most sarcastic... Ms Antonini
Most philosophical... Mr. Bordonaro
Best sayings... Ms Nish
Most poetic... Ms Arella
Best vocals... Ms Walsh
Most competitive... Mrs. Cumming
Cutest... Ms Armstrong
Best look alikes... Mme Talbot and Mme Laquerre
Most maternal... Mme Arnaud
Best laugh... Ms Lessey
Most creative... Ms MacCallum
Greatest chocolate lover... Mme de Sainte Marie

Most Claustrophobic... Ms Mastro
Most versatile... Mme Morriseau and Ms Fougere
Most dramatic... Ms Arseneault
Bubbliest Personality... Ms Potter
Best group performance... the men in black - Mr. Laperle, Mr. Pagé, Mr. Griffin, Mr. Hammett, Mr. Francis, Mr. Judson, Mr. Kousik, and Mr. Fillion
Biggest appetite... Ms Neelt
Most mellow... Mrs. Barnett
Best cook... Mme Tchernigovskaia
Best hallway sprinter... Mme Belfort
Best tag team duo... Mrs. Brooks and Mrs. Filipovich
Best comeback story... Ms Vaupshas
Most mysterious... Ms Bucaro
Best time manager... Ms Bronson



LESBELLSOERS



I LOVE Bingo

Arts Festival

FASHION-THAT'S WHAT IT'S ALL ABOUT



Lost in space...



Funky hair girls!!!



Posing for the cams

Student X-Change



Caroline Donohue
Age: 17
Destination: Sydney, Australia
Date: Feb 27 - March 24



A journey to remember...



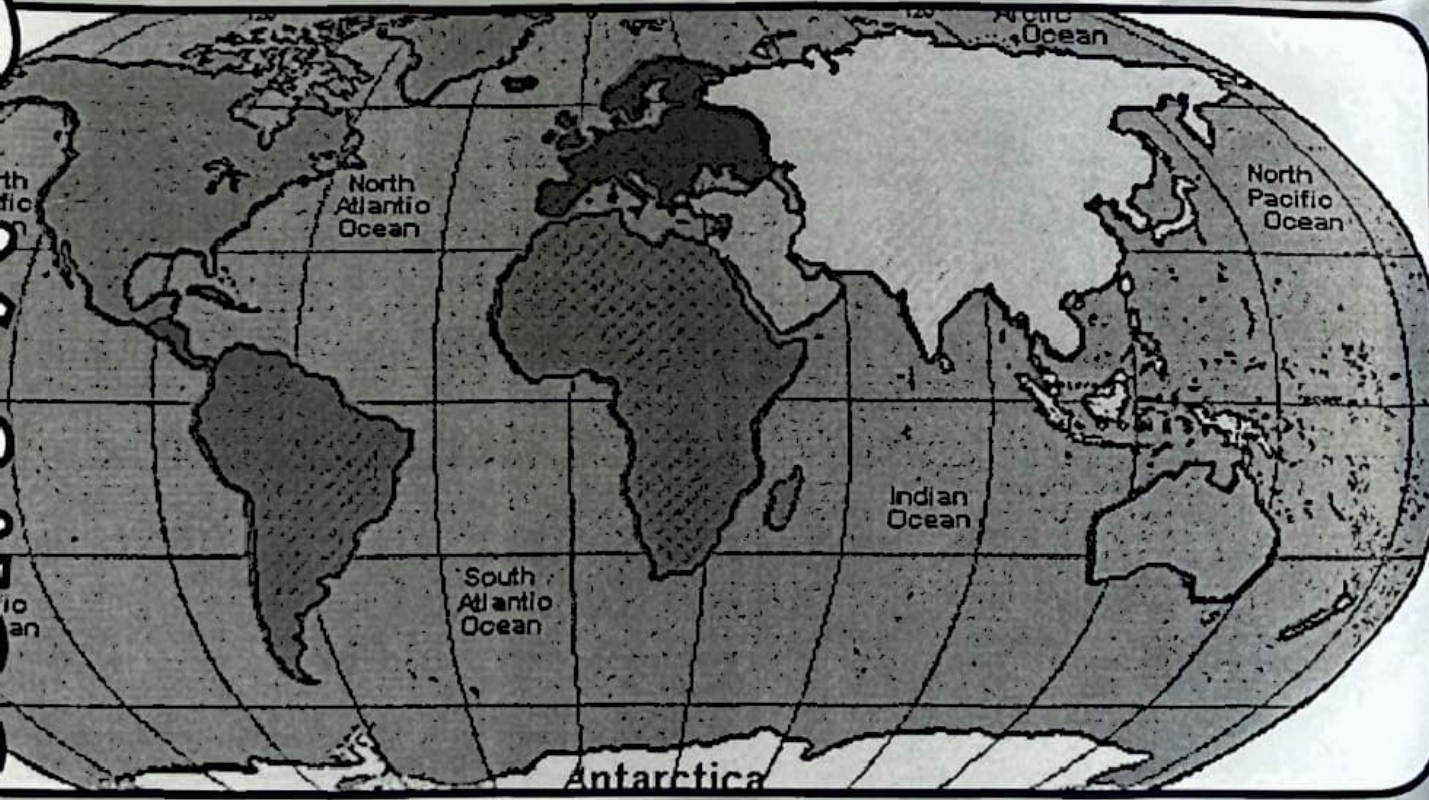
Natasha LoBasso
Age: 17
Destination: Melbourne, Australia
Date: March 4 - April 7



Meaghan Evans
Age: 17
Destination: Melbourne, Australia
Date: March 14 - April 14



Katherine Meredith
Age: 17
Destination: Nantes, France
Date: March 5 - March 25



Laura Kavanagh
Age: 16
Destination: Grand Coteau, Louisiana
Date: March 12 - April 3

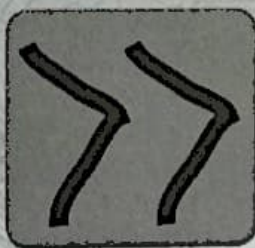
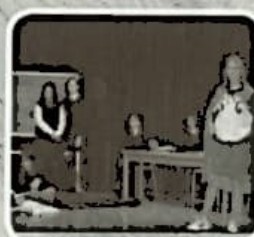


Caroline Rudolph-Zbarsky
Age: 16
Destination: Mumbai, India
Date: July 29 - August 21



Robyn Grasby
Age: 16
Destination: Taipei, Taiwan
Date: August 5 - August 20

French







Trips



CLUBS



Junior Debating Club:

Amanda Arella, Julijana Benc, Jessica Bindra, Pamela Caccese, Garima Chopra, Lia D' Abate, Caitlin De Sève, Sheila-Louise Gaon Canlas, Emma Han-nouche, Nadia Kanji, Kathryn Kotar, Ashley Lanni, Alexandra Lewycky, Grace Mac Donald, Elena Motivans, Karimah Rahman, Gersande Richer La Flèche, Hanieh Zargham



Senior Debating

Isabella Matteo, Stephanie Maris, Dan Thanh Truong, Kathryn Palmer, Monica Peters.



Issues in Economics

Caroline Donahue, Romina Perroti, Stephanie Panetta, Claudia Spina, Natasha LoBasso, Sophia Sekkat, Andrea Sargisson, Jennifer Lim, Azusa Maeda, Skawennio Barnes, Chanel Najjar, Josephine Esposito, Robyn Asquini



Jeunes Démocrates

Alexandra Gagnon Rivet, Dan Thanh Truong, Sophia Sekkat, Marion Gale.



Art Culinaire

Sophia Di Girolamo and Caroline Colozza and others...



SSUNS

Alyssa Power, Claudia Spina, Shayesta Chattoo, Alexandra Abrol, Stephanie Amorosa, Caroline Donohue, Sandra Godin, Diana Zavergiu, Janet Belliveau, Dan Thanh Truong, Virginia Clarke, Sara McCulloch, Jennifer Panetta, Sophia Sekkat, Dania Lecomplex, Sophie Cowan, Vanessa Caruso, Vanessa Penderza.



Model UN

Marie McCulloch, Elizabeth Stronach, Davina Loporcaro, Gillian Kerr, Melanie Al-Ahmad, Emily Snell.



Environment Club

The executive: Claudia Spina, Sophia Sekkat, Sophie Predan-Chauvin, Natasha LoBasso.
Other helpers: Alexandra Pansera, Caroline Rudolph-Zbarsky, Jessica De Rosa, Katherine Mandilaras, Melanie Tutino, Nadia Simeone



Vocal Ensemble

Stéphanie Amorosa, Caitlin Babi, Stefania Bertrand, Erin Brownbill, Jessuca Carriero, Melissa Cavaliere, Madelyn Coull, Lia D'Abate, Krystin D'Agostino, Sandra Godin, Sophia Grigoropoulos, Stéphanie Karzon, Michelle Lewis, Cynthia Mancinelli, Stephanie Maris, Kathryn Palmer, Ruveneko Ferdinand-Peterkin, Sophie Predan-Chauvin, Chloe-Lynn Russo, Ritz Leah Salvador, Claudia Spina, Dan Thanh Truong, Lauren Vauphas, Vanessa Velkoff-Woo, Carissa Wong



Liturgical Choir

Juliana Benz, Tara Brownbill, Garima Chopra, Lia D'Abate, Sophia DiGirolamo, Chloe Russo, Carissa Wong, Stephanie Amorosa, Stefania Bertrand, Erin Brownbill, Arobie Chopra, Marion Gale, Sadra Godin, Gabrielle Lefrance, Natasha Lobbasso, Stephanie Maris, Sophie Predan-Chauvin, Claudia Spina, Laura Kavanagh, Meghan Denison



Art Club

Juliana Benz, Ashley Farthing, Talia Aqai, Shola Gani Carles, Bianca Bertus, Claire Carrey, Stephanie Christodoulou, Vanessa Cheng, Jessica Carriero, Valentine Ostaszewski, Chelsea Brissard, Claire Farrell, Ruveneko Ferdinand-Peterkin, Vanessa Ronald, Meghan Denison, Meghan Evans, Vianne Yu, Cynthia Mancinelli, Im-Amara Men, Garima Chopra, Tamara Morrison, Angella Christian, Samantha Backman, Lezi Lee, Alessandra Tisserant, Olivia Durand, Lauren Santos, Sofia Di Girolamo, Alessandra Uva, Amanda Austin, Dana Larocque, Genevieve Richer La Roche, Medine Al-Ahmad, Lathrin Kalyannaras



Chorale

Stéphanie Amorosa, Julijana Benz, Stefania Bertrand, Erin Brownbill, Tara Brownbill, Pamela Caccese, Shyesta Chattoo, Garima Chopra, Lia D'Abate, Sofia De Girolamo, Ashley Grace Farthing, Marion Gale, Sandra Godin, Gabrielle Lefrance, Chloe-Lynn Russo, Melissa Walsh



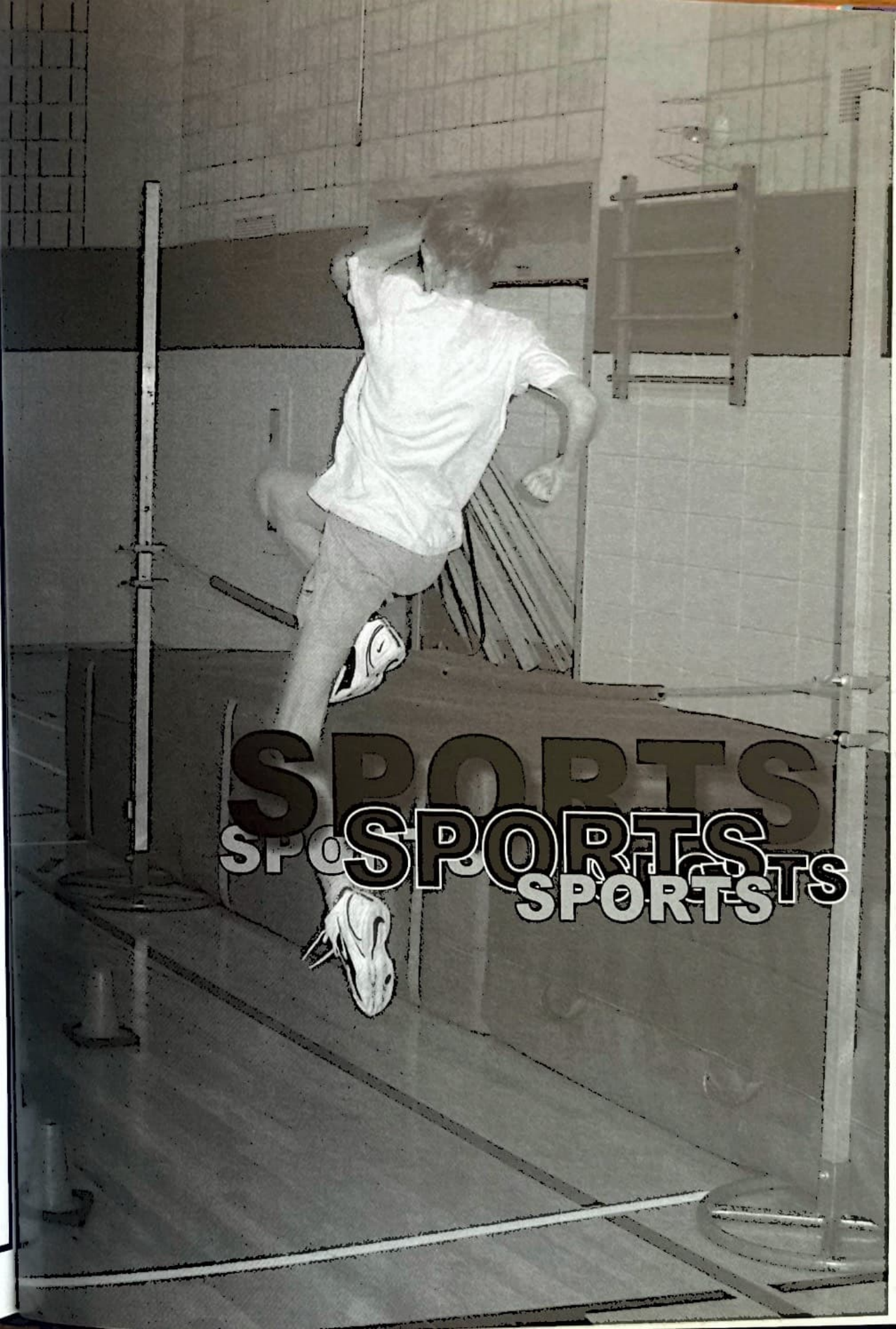
Band

Johanna Bitharas, Erin Brown-Vandecruys, Jessica Carriero, Madelyn Coull, Jessica Deer, Caitlin De Seve, Ruveneko Ferdinand-Peterkin, Elise Frym, Sophia Grigoropoulos, Ariana Ho, Stéphanie Karzon, Sofia Angela Loffreda, Viviane Luu, Cynthia Mancinelli, Lisa Martin, Tian Kerrin Martin, Im-Amara Men, Alexandra Moletien, Clona Nguyen, Mai Anh Nguyen, Valentine Ostaszewski, Julia Paniconi, Amanda Lee Phillips, Elizabeth Stronach, Vanessa Velkoff-Woo, Carissa Wong



Newspaper

Alexandra Abrol, Janet Belliveau, Shyesta Chattoo, Virginia Clarke, Melissa Desmarais, Marion Gale, Nisha Jaga, Laura Kavanagh, Alexandra Lanthos, Charlotte Lamontagne, Stephanie Maris, Isabella Matteo, Kathryn Palmer, Alyssa Power, Samantha Reusch, Caroline Rudolf-Zbarsky, Melanie Tutino, Stephanie Vokaty



SPORTS
SPORTS
SPORTS

Swimming



Sofia Alfonso
Amanda Arella
Alexandra Boky
Sandrine Cassis
Vanessa Cheng
Stephanie Christo-
doulopoulos

Alessia De Lauri
Fabiana Ghaleb
Vanessa Italia
Julie Hanna
Alexandra Lewycky
Natasha Pereira-Erskine
Teresa Sweet
Gianna Zappitelli
Allyssa Analytis
Jennifer Barwick
Kirstin Charron
Virginia Clarke
Alexandra Gagnon-Rivet
Stephanie Karzon
Jennifer Newton

Mai Nguyen
Caroline Dono-
hue
Natasha Egiz-
iano
Tania Pellizzari
Monica Peters
Lisa Rasmussen

Coaches:
Ms. Armstrong
Mme Talbot

Katelyn Abbey
Vanessa Alfonso
Bianca Bertoia
Erin Bown-Vande-
cruys
Catherine Brunelle
Sara Cavalluzzi
Brooke Deer
Gillian Kerr
Lisa Martin
Elena Motivans
Kathryn Palmer

Christina Paolucci
Tania Pellizzari
Monica Peters
Amanda Lee Phillips
Ashlan Phillips
Taylor Wright-Con-
nors

Coaches:
Ms. Brown
Mr Hammett



Softball



Golf



Anne-Michelle Arless
Gabrielle Balit
Robyn Grassby
Melissa Hindley
Jennifer Newton
Stephanie Roy

Coach: Mr. Pagé

Tara Brownbill
Garima Chopra
Caroline Colozza
Lauren Farmer
Kathryn Kotar
Sabrina Mossori
Tamara Morisson
Leia Pengelley
Chloe-Lynn Russo
Vianna Yu
Stephanie Amo-
rosa
Joanna Bitharas
Erin Brownbill
Sandra Godin

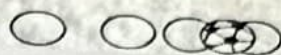
Stephanie Karzon
Cynthia Mancinelli
Lisa Martin
Kathryn Palmer
Elizabeth Stronach
Vanessa Alfonso
Alique Akkelian
Arohe Chopra
Alexandra Lantosh
Kathrine Meredith
Monica Peters
Sophia Sekkat



Coaches: Mr. Pagé
Mr. Francis

Badminton





Private School



Bianca Arciero
Alessandra Arduini
Gabrielle Balit
Amanda Cardillo
Caroline Colozza
Angela Cristiano
Lynn Dillon
Cassandra D'Ambrosio
Kimberly Dextras-Romagnino
Lauren Farmer
Elizabeth McDonald
Gabriela Padvaikas
Tiffany Piergiovanni
Michelle Vokaty
Zoe Vlogiannitis

Coach: Mrs. Cumming &
Mr. Vlogiannitis

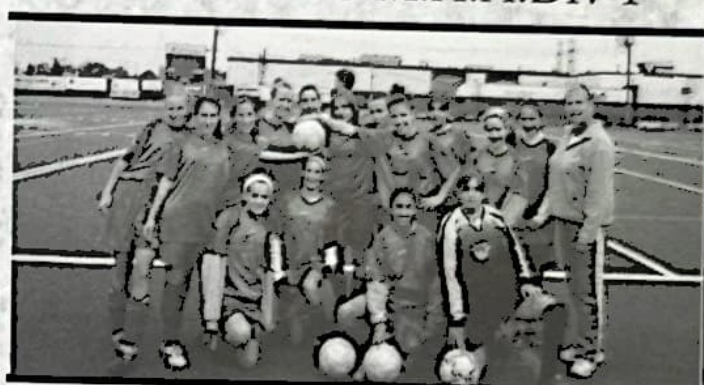


Chelsea Brossard
Alexandra Boky
Rebecca Catellier
Samantha Coté
Alessia Di Giorgio
Carina Di Tomasso
Alexandra English
Ashley Farthing
Julie Hanna
Dara Larocque
Paola Morin

Christina Rafie
Alessandra Ruffolo
Jessica Sadko
Jessica Santamaria
Sabrina Vadacchino
Alessia Vincelli
Melissa Walsh

Coach: Ms. Vaupshas

Bantam G.M.A.A. Div 1



Midget G.M.A.A.



Vanessa Afonso
Allyssa Analytis
Lara Artinian
Kirsten Charron
Isabella Covino
Caitlin De Sève
Marion Gale
Sophia Loffreda
Davina Loporcaro
Melissa Lombardi
Tian Martin

Isabella Matteo
Josie Piscuneri
Emily Snell
Hillary Tabah
Melania Golymbiosky
Elizabeth Hatzihristidis
Charlotte Lamontagne

Coach: Ms. Ingleton

Juvenile G.M.A.A.



Anne Fournel
Isabelle Levesque
Jennifer Newton
Stefania Roy
Patricia Snell
Alexandra Troli
Stephanie Vokaty

Coaches:
Mr. Chimienti
Ms. Nish



Jennifer Barwick
Andrea Cavaleri
Teresa Chimienti
Cassandra Cuffaro
Ashley (Jill) Davis-Annett
Jessica D'Amico
Elisa D'Ascanio
Nastasia Di Paoli
Meaghan Evans



Bantam G.M.A.A Div. 1



Sandrine Cassis
Caitlin Dixon
Kelly Guy
Emily Horonowitsch
Liezl Lee
Christina MacDougall
Alexandra Michailuk

Leia Pangelley
Amanda Perodeau
Marianne Roaldi
Chloé Russo

Coach: Mr. Pagé

Bantam G.M.A.A. Div. 3

Tara Brownbill
Merdith Burke
Balbina Zakrewska
Cassandra D'Amico-Mazza
Alexandra Koutsogiannopoulos
Samantha Mastromonaco
Amanda Hajaly

Tamara Morrison
Garima Chopra
Hanieh Zargham

Coaches:
Ms. Neef
Mr. Pagé



Midget G.M.A.A.



Joanna Bitharas
Claudia Briceno de Ratmiroff
Madelyn Coull
Lea Dikranian
Alana Guy
Stephanie Karzon
Andrea Latella-Duboyce
Viviane Luu
Cynthia Mancinelli
Francesca Manno
Elizabeth Stronach

Coaches: Ms. MacCallum
Ms. Antonini

Robyn Asquini
Ashley Arnold
Olivia Burke
Caroline Donohue
Dayna Hajaly
Alexandra Lantosh
Sara McCulloch
Yasmin Moinuddin
Shannon Summers

Coaches:
Ms. Neef
Mr. Kousik



Juvenile G.M.A.A.



Bantam G.M.A.A.



Shephanie Corey-
Aboud
Chelsea Brossard
Erin Brown-Vander-
cruys
Emily Caron
Rebecca Catellier
Laryja Golym-
biowsky
Katina Goulakos
Jessica Hindley

Gabriela Padvaiskas
Amanda Perodeau
Taylor Wright-Connors
Michelle Zakem

Coach: Ms Fougere

Private School

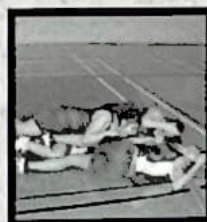


Gabrielle Balit
Cassandra
D'Ambrosio
Kumberly
Dextras-
Romagnino
Kayla DiGaetano
Lynn Dillon
Chloe Griffin

Liezl Lee
Virginia Lombardi
Elizabeth Mc-
Donald
Tiffany Pier-
giovanni
Marianne Roaldi
Michelle Vokaty

Coach:
Ms. Cumming

Midget G.M.A.A.



Lara Artinian
Caitlin De Seve
Lea Dikranian
Ruveneko Ferdinand-
Peterkin
Melania Golymbio-
wsky

Elizabeth Hatzihristidis
Nisha Jaga
Gillian Kerr
Tian Martin
Stephania Roy

Coaches:
Mr. Griffin
Ms. Maloni

Juvenile G.M.A.A.



Anne-Michelle
Arless
Olivia Burke
Andrea Cavaleri
Sophie Grigoro-
poulos
Melissa Hindley

Amanda Murray
Deena Patel
Andrea Sargisson
Alexandra
Valente-Fer-
nandes
Stephanie Vokaty

Coach: Ms. Neeff

Cross Country



Coaches: Mme
Belfort and Mr.
Francis

Alyssa Baldoni
Gabrielle Balit
Tara Brownbill
Caroline Colozza
Alexandra English
Vanessa Italia
Alexandra Levy
Julia Paniconi
Alexandra Uva
Michelle Yokaty

Mananne Roaidi
Caitlin Babin
Jennifer Barwick
Ruveneko Ferdinand-
Peterkin
Tian Martin
Patricia Snell
Stephanie Yokaty
Canssa Wong

Alexandra Alacchi
Caroline Colozza
Sofia Di Girolamo
Emilie Fyfe
Elizabeth McDonald
Gabriela Padvaiskas
Michelle Yokaty
Melissa Walsh
Michelle Arsenault
Jennifer Barwick
Melissa Desmarais

Alexandra Gagnon-
Rivet
Manon Gale
Gabrielle Lafrance
Stephanie Manis
Nicoletta Pantazopo-
lous
Patricia Snell
Stephanie Yokaty
Shannon Summers



Coaches: Mme.
Belfort and Ms.
Neeff

Track and Field



Halo Road Race



Coach: Ms. Nish

Gabrielle Balit
Emily Belleau
Alexandra English
Michelle Yokaty
Alexandra Abrol
Skawenno Barnes
Jennifer Barwick
Christina Christou
Melissa De Rigg
Mercedes Griffin
Andrea Latella-Duboyce
Sophia Loffreda

Mana McCulloch
Jennifer Newton
Alyssa Power
Patricia Snell
Bianca Sportella
Stephanie Yokaty
Katelyn Abbey
Adrienne Campbell
Claire Carney
Caroline Donohue
Jennifer Lim
Caroline Rudolph-
Zbarsky

Julie Cruvellier
Emilie Fyfe
Alessandra Traversari
Alexandra Uva
Stephanie Amorosa
Jennifer Barwick
Melissa Desmarais
Alexandra Gagnon-Rivet
Manon Gale
Charlotte Lamontagne

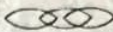
Jennifer Newton
Jennifer Panetta
Kristin Sani
Patricia Snell
Bianca Sportella
Stephanie Yokaty
Kayla Yip
Caroline Rudolph-
Zbarsky



Coaches: Ms. Laurie Baird and
Ms. deVerteuil
Helpers: Mrs. Cumming, Ms.
MacCallum, Ms. Arsenault

Cross Country Skiing





Bantam



Gabrielle Balit
Rebecca Cateiller
Cassandra D'Ambrosio
Kimberly Dextras-Romagnino
Kayla Di Gaetano
Carina Di Tomaso
Lynn Dillon

Christina Paciucci
Marianne Roaldi
Michelle Yokaty
Melissa Walsh

Coaches: Mr. Griffin
and Ms. Neeff

Alexandra English
Alexandra Michailuk

Lara Artinian
Jennifer Barwick
Kirstin Charron
Lea Dikranian
Raveneko Ferdinand-Peterkin
Elizabeth Hatzihristidis
Gillian Kerr
Vivianne Luu

Jennifer Newton
Tian Martin
Cara Orsini
Hillary Tabah
Alexandra Trol
Stephanie Yokaty



Coaches: Mr. Cumming
and Mr. Charron
Helper: Mrs. Cumming

Midget



Juvenile

Team photo unavailable



Alexandra Abrol
Christina Abrol
Alyssa Analytis
Catherine Brunelle
Olivia Burke
Andrea Cavaleri
Jillian Davis Annett
Melissa Desmarais
Sophie Grigoropoulos

Lisa Martin
Katherine Meredith
Emily Snell
Patricia Snell
Christine Vannelli

Coaches: Mr. Vannelli
and Ms. Arella



Bantam



Lia Asquini
Gabrielle Balit
Meredith Burke
Sandrine Cassis
Erica Deutschman
Chloe Griffin

Coaches:
Mme. Morisseau,
Mr. Francis & Mr. Dennis
Asquini

Tennis

Bantam Overall Record: Silver medal

Midget

Allyssa Analytis
Marion Gale
Charlotte Lamontagne
Stephanie Khoury
Lisa Martin
Gloria Nguyen
Stephanie Zakem



Coaches:
Mme. Morisseau,
Mr. Francis & Mr. Dennis
Asquini



Juvenile



Robyn Asquini
Danielle Beard
Jillian Davis-
Annett
Nastasia De
Deena Patel
Monica
Peters
Anna Pollock

Coaches: Paoli
Mme. Morisseau,
Mr. Francis & Mr. Dennis
Asquini



SPORTS RESULTS

SOFTBALL: Finished the season with a strong effort.

GOLF:
 Won the banner in the GMAA Golf Tournament held at Golf Dorval.
 Gabrielle Balit placed 2nd place overall.
 Jennifer Newton placed 3rd overall.

CROSS COUNTRY RUNNING:
 Bantam: silver medal
 Midget team: fourth overall in the GMAA cross country competition
 Stephanie Vokaty: fifth overall in the midget category
 Gabrielle Balit, Alexandra Levy and Michelle Vokaty went to provincials in Abiti-Temiscamingue and placed in the top hundred.

VOLLEYBALL:
 Bantam Division 3 – Made it to semi-final
 Bantam Division 1 – Silver in Championship game
 Midget Team – made it to quarter finals
 Juvenile Volleyball Team – made it to quarter finals

BADMINTON: Katherine Meredith – bronze medal in singles



GMAA Championship Banners

CROSS COUNTRY SKIING: Midget team won the GMAA championship banner

OUTDOOR TRACK AND FIELD: Midget team won the GMAA championship banner

TOUCH FOOTBALL: Bantam and Midget won the GMAA championship banner

basketball



Private School Bantam
 –silver medal
 –won WIC Invitational basketball tournament
 –won Bishop's College Invitational Basketball Tournament

Montreal Independent Schools Basketball Tournament:
 Bantam (private school team)
 – Tier II Consolation Champions

Midget – Third overall

Juvenile – Third overall
 – only lost 1 game this season
 – Silver medal winners in WIC tournament

soccer



**** Junior Soccer Team – 3rd out of 20 teams in the CAIS Junior Soccer Tournament held in Montreal.**

**** Senior Soccer Team – Won the Consolation Final in the CAIS Senior Soccer Tournament held in Windsor, Nova Scotia.**

Bantam Private School Team – made it to quarter-finals

GMAA Bantam Team – made it to semi-finals
 Midget Team – made it to semi-finals

The Brain Page



HISTORY: 100%

The following students scored 100% on their History Provincial Examination:

Isabella Matteo, Bianca Sportella, Patricia Snell, Vanessa Pendenza, Alexandra Abro, Janet Belliveau, Christina D'Itri, Alyssa Power, Caroline Rudolph-Zbarsky, Marion Gale, Alexandra Lantosh, Gabrielle Lafrance.



Alyssa Power: Awarded a prize at SSUNS



Stephanie Maris:
2nd at the Rotary Club Public Speaking Competition



Robotics: Big Winners at this year's competition. Journal: 1st place; Video: 1st place; Kiosk: 3rd place; overall: 3rd place.

QAIS Essay Competition

Kia Watkins- Martin:
Winner of Junior Category

Caroline Rudolph-Zbarsky:
Winner of Senior Category



Lia D'Abate, Hanieh Zaigham, Karimah Rahman:
went to high levels at this year's Science Fair



Simply Thoughts...

Share

SOME

Thoughts

"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words."

-Unknown

Daily Advice:

Never give up on your dreams, because they always have great possibilities of happening- if you try hard enough to make them come true.

Do your best in everything, even the little things, because in the end it all adds up.

Live life to its fullest, and have fun!

5 ways to Relax...

- **-CANDLES:** They actually help you relax- like aromatherapy.
- **-YOGA:** Helps to calm both body and mind so that you feel peaceful and rested.
- **-SLEEP:** The ultimate solution to relaxation- because it calms your mind and body naturally.
- **-EATING RIGHT:** Eating or drinking high sugar foods, like coffee or chocolate, for example, increase your chances of being more stressed out.
- **-EXERCISE:** A great way to relax because it helps release endorphins which put you in a happier mood.

Most Watched TV Shows of 04-05:

- The OC
- One Tree Hill
- Las Vegas
- Summerland
- 24
- The Simple Life
- Re-runs of Friends and Seinfeld
- Lost
- Gilmore Girls

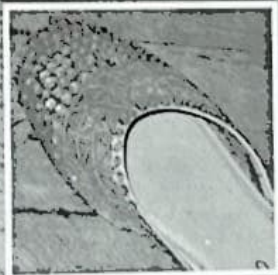
Fashion Corner:



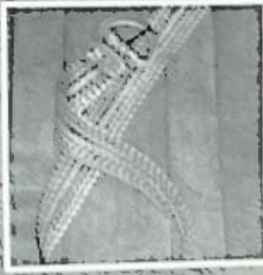
LONG
Earrings



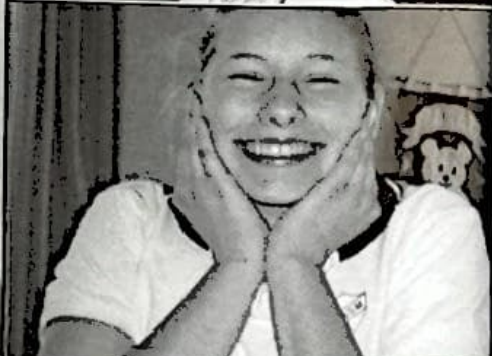
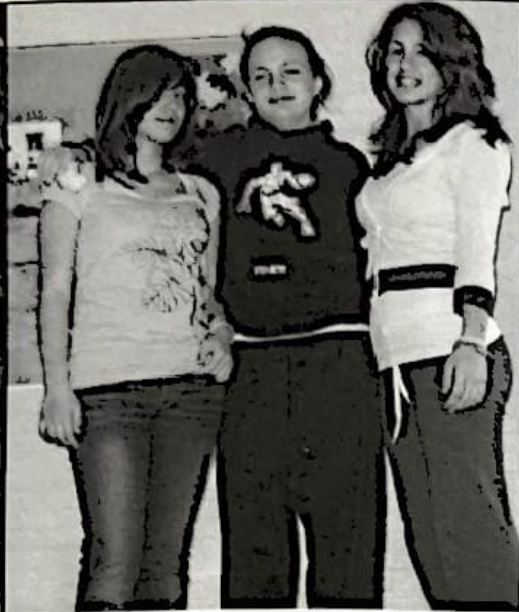
BIG
Purses

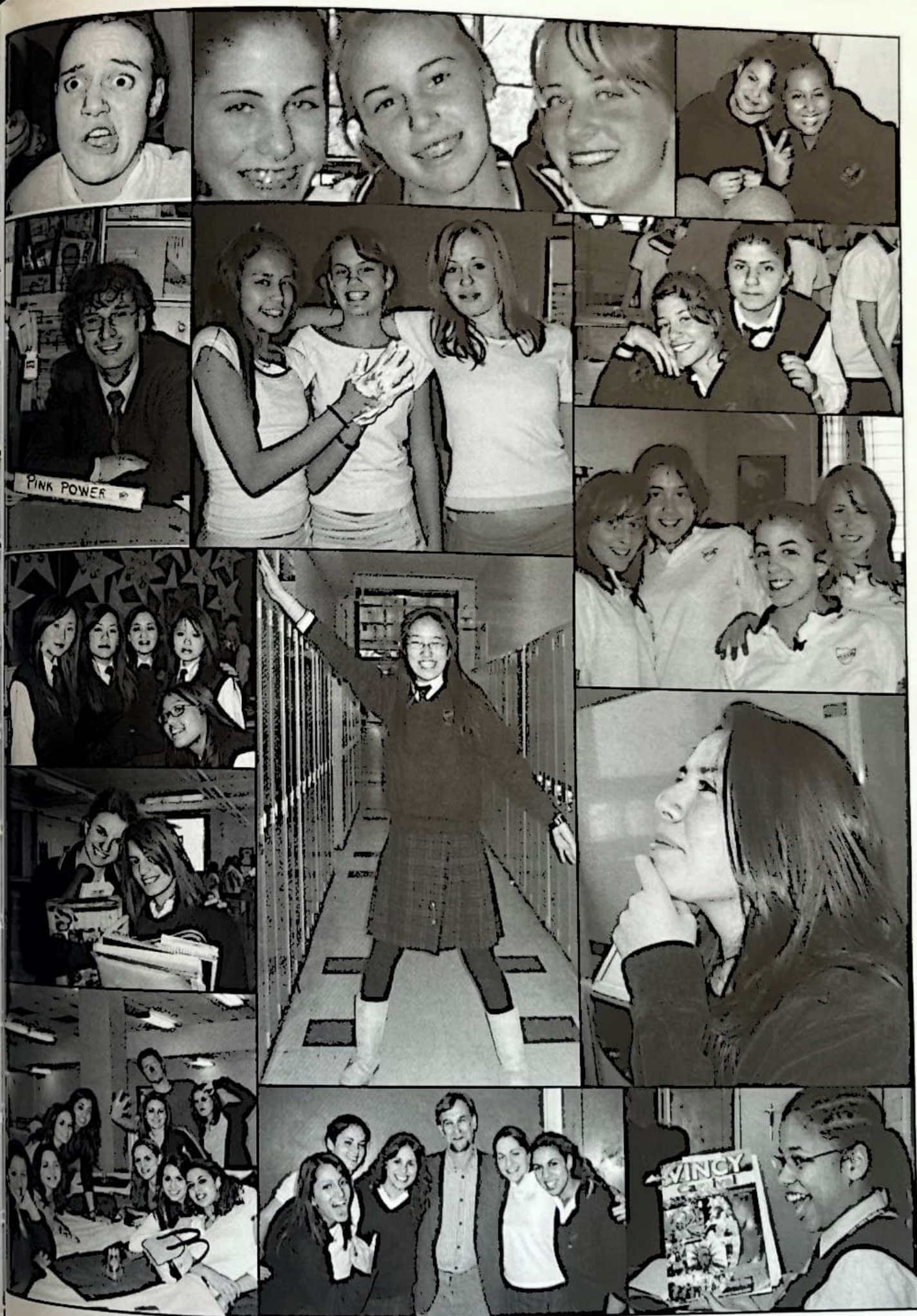


LOW
Sandals

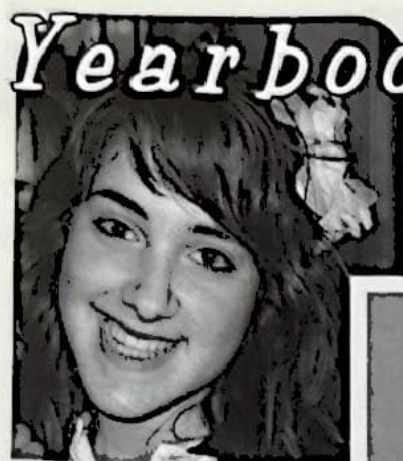


GOLD
Accessories





Yearbook Helpers



Secondary 1:
Meredith Burke
Alessia De Lauri
Tamara Rapattoni
Hanieh Zargham

Secondary 3:
Caitlin De Seve
Johanna Bitharas
Valentine Ostazweki
Carissa Wong
Im-Amara Men
Jessica Carriero
Pina D'Aversa



Secondary 2:
Gabrielle Balit
Bianca Bertoia
Erica Deutschman
Alexandra English
Samantha Mastromonaco
Michelle Vokaty
Gianna Zappitelli

Secondary 4:
Kristin Sani
Christina D'Itri
Lambrini Kakogiannakis
Nadia Simeone



A Special Thanks to the Sec 5's!

Alexandra Bagdoo
Jillian Davis-Annett
Natasha Egiziano
Stephanie Panetta

Ritz Salvador
Sophia Sekkat
Ravneet Singh



Congratulations
to the graduating
class of 2005

From
the Parents' Guild



**GOOD LUCK
GRADUATES**



Congratulations Melissa!

You have worked very hard to get to this point in your life - where it all begins... You have been given the right tools to make a difference and succeed. We are proud of you and love you very much!!
Mom, Dad & Joey

ASHLEY JILLIAN DAVIS-ANNETT



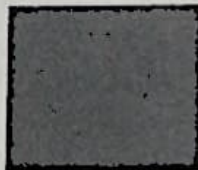
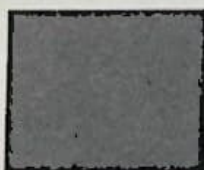
*"Not everyone who wanders is lost."
- Tolkien*

**Congratulations to our Jillybean
& the Class of 2005!**

The world is waiting for all of you.

(Eddy out, baby!)

With all our love,
Mom, Gray, Jason, Jared and Jesse



George Kyres
george@europesbest.ca

6810, boul. des Grandes-Prairies, Montréal (Québec) Canada H1P 3P3
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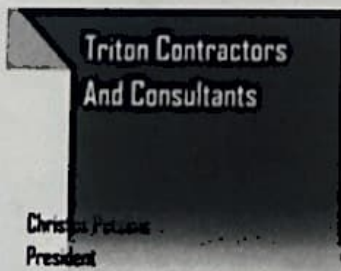
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FAX: (514) 374-3312
CELL: (514) 898-2357

Salvatore Russo



163 Van Horne ave.
Montreal, Quebec, Canada
H2T2J2
E-mail: chrisspetenis@excite.com
www.tritoncc.com



Chris Petenis
President

T: 514-271-3878
F: 514-271-8960
Toll Free: 877-271-3878



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Anna Sicoli
Administratrice

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www.tidan.com



To the Rising Stars of 2005

*The Class of 2005
marks the 76th class to graduate
from this beloved building,
our City House.*

*As you leave this place,
you now enter a new phase of your life with
Sacred Heart -- as our most recent alumnae.*

*The Alumnae Association
of The Sacred Heart School of Montreal
offers you our heartfelt support
and best wishes for success
in all your future endeavors.*

Congratulations!

John D'Ambrosio

Traiteur **Bon Appétit**

1935, Sauvé E
Montréal, Québec
H2B 1A2

Tél: (514) 389-4345
Télec: (514) 381-2358
info@traiteurbonappetit.com

Bon Appétit

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COPROPRIÉTAIRES



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Gestion administrative

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Télécopieur :
(514) 935-0079

e-mail :
lacloserie@bellnet.ca

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Westmount (Québec)
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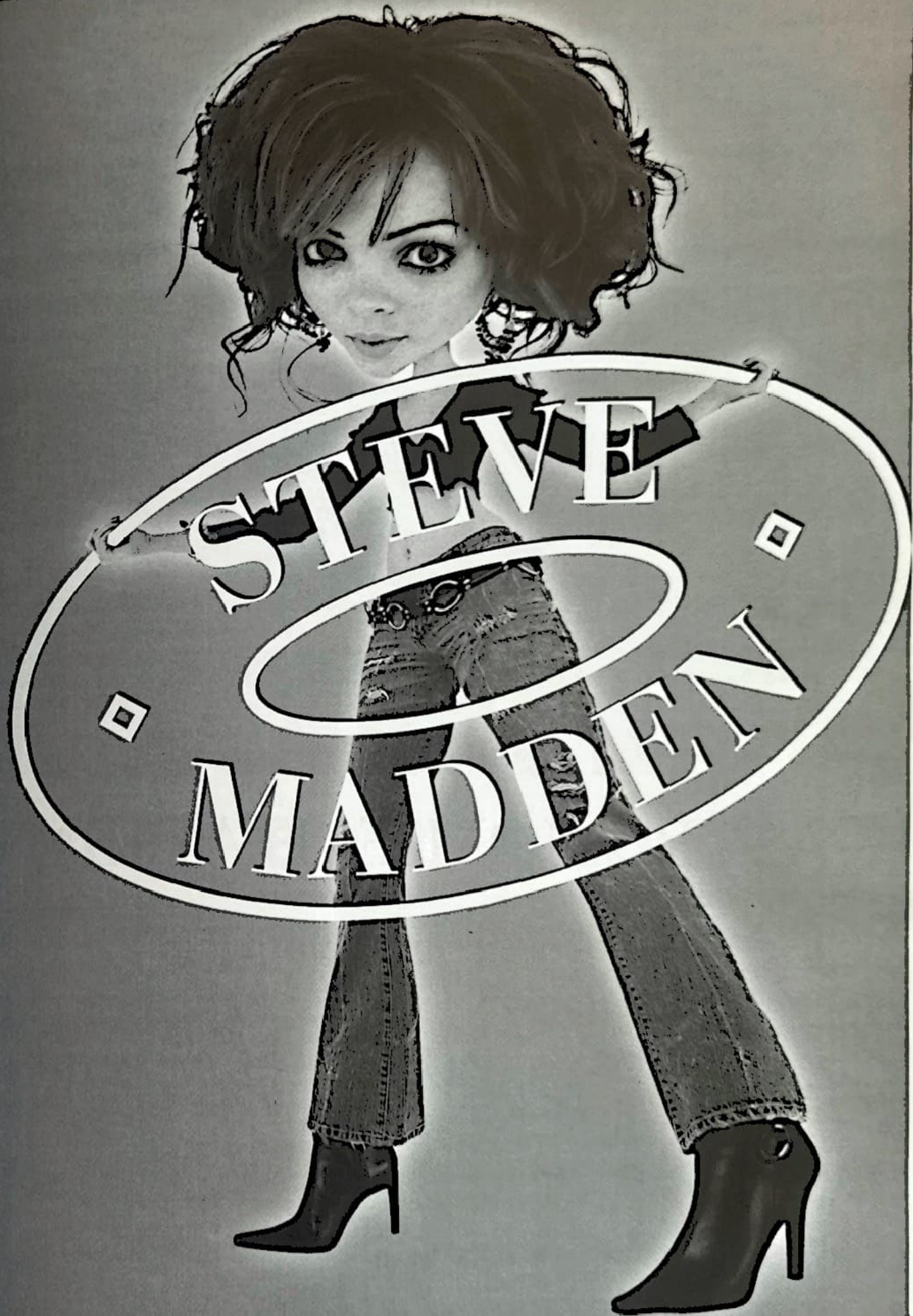
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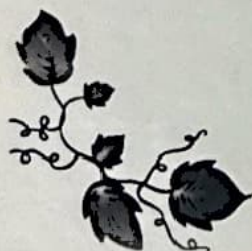
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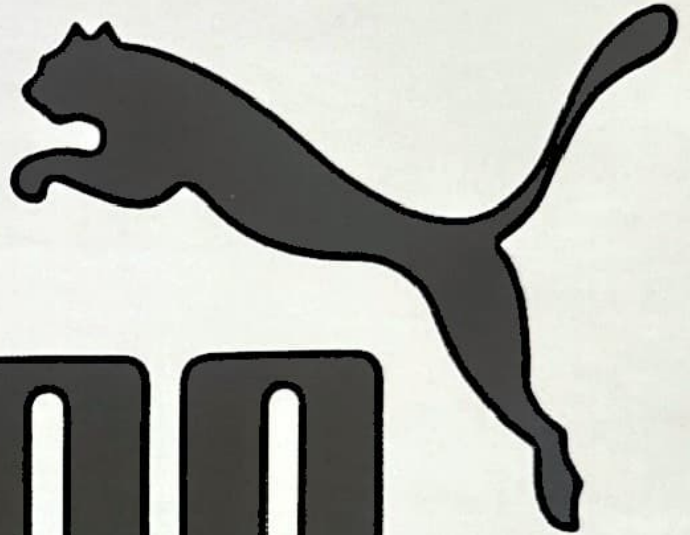
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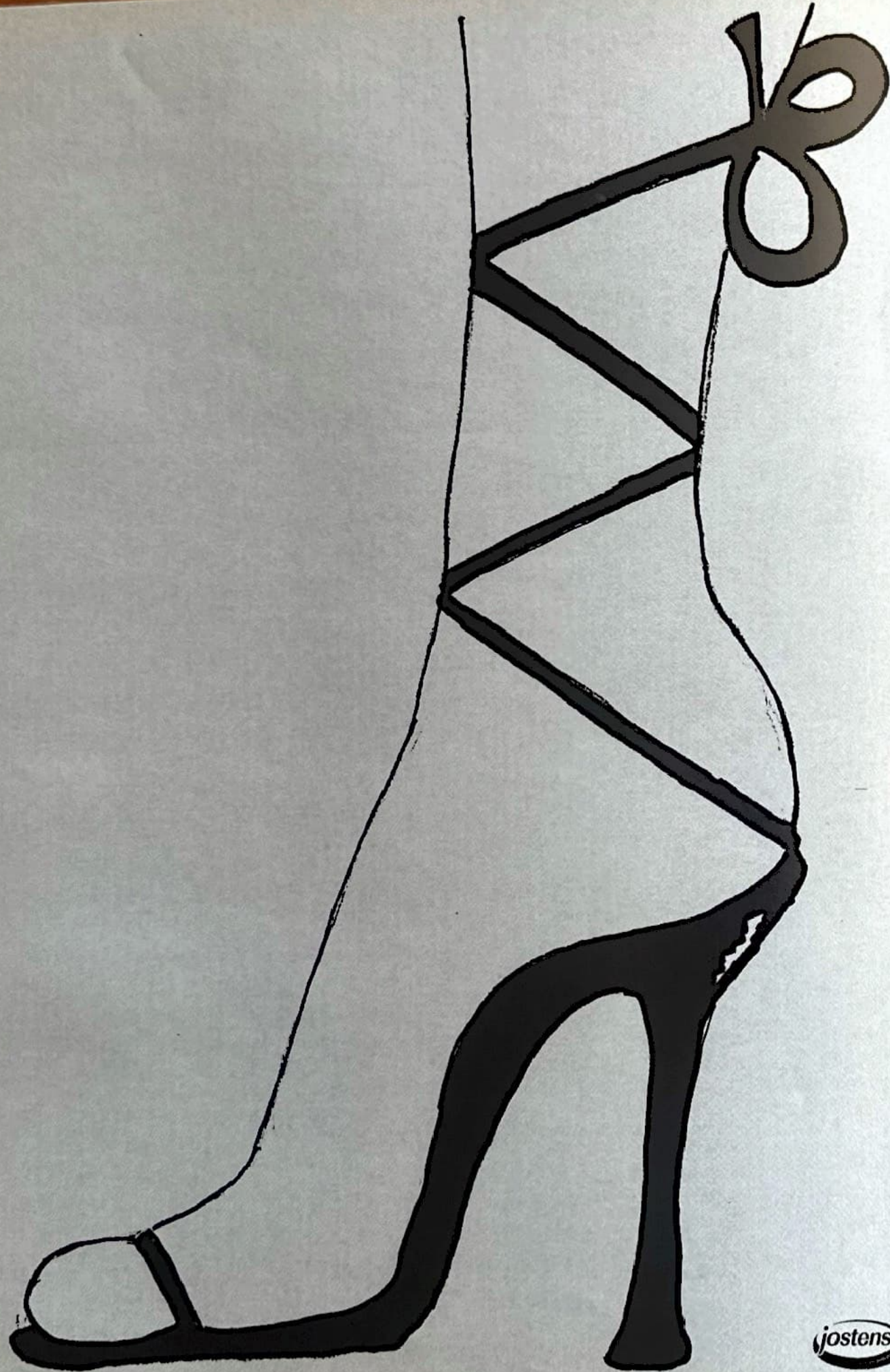


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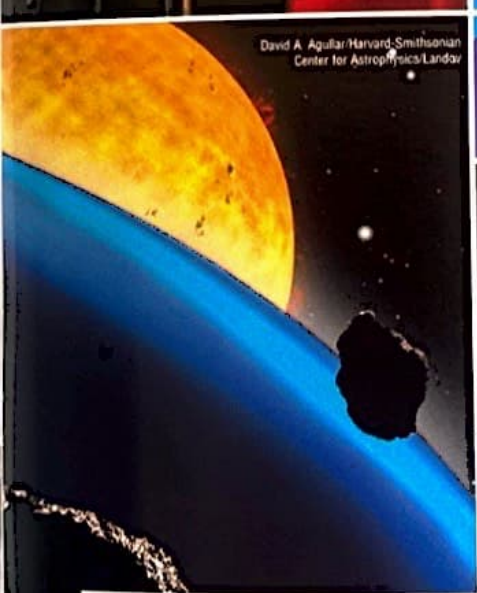




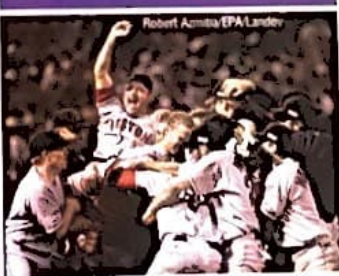




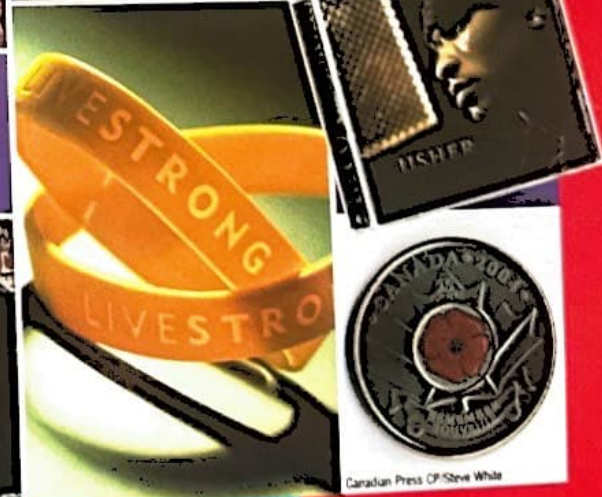
Front Page Headlines Global Human Interest Techno Nature Trends Lifestyle Movies Television Music Entertainment Sports F



David A. Aguilar/Harvard-Smithsonian Center for Astrophysics/Landov



Robert Anstis/EPA/Landov



Canadian Press CP/Steve White



Canadian Press CP/Bryan Remiorz

front page headlines



Canadian Press CP/Tim Horan

➤ U.S. President George W. Bush waits to deliver the first-ever major foreign policy speech outside of the United States in Halifax, N.S. on December 1, 2004. President Bush also thanked residents of the Maritime Provinces for the assistance they provided to American travelers during 9/11.

➤ Despite assurances that its nuclear program intentions are peaceful, Iran voluntarily suspends its uranium enrichment activities in the face of protests from NATO and the U.S.

➤ Celine Dion performs for Air Canada employees in Toronto to celebrate the company's emergence from bankruptcy. The artist unveiled a new paint scheme, uniforms, and promotional material featuring Dion's songs.

Reuters/Landov



Canadian Press CP/Frank Lacroix



Toronto Star/Photo: Al White/World Photos



➤ Lifestyle guru Martha Stewart begins serving a five-month jail sentence in West Virginia, after being found guilty of lying about a suspicious stock sale.

Canadian Press CP/Chris Schwarz



➤ Former NDP leader, Premier of Saskatchewan and the "Father of Universal Medicare", T.C. (Tommy) Douglas is chosen as the winner of the CBC's Greatest Canadian Contest on November 29, 2004. Douglas died on February 24, 1986 at the age of 82.

Canadian Press CP/Steve White



Canadian Press CP/Adrian Wyllie



➤ Canada mourns the death of prolific author and television personality Pierre Burton, who died at age 84 on November 30, 2004.

➤ The world's first coloured coin commemorating the poppy is distributed by the Royal Canadian Mint. 30 million coins were produced and initially distributed through Tim Horton's locations across Canada.

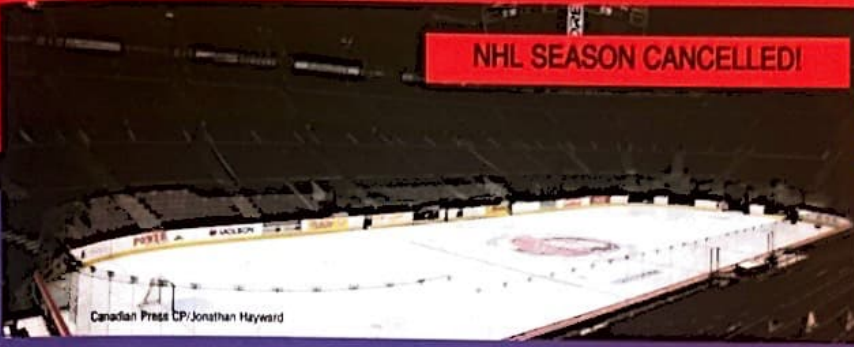
➤ Kristopher Knowles, 14 from Sarnia, Ontario walks the final mile of his almost yearlong, cross-Canada walk to raise awareness for organ donation. Kristopher has endured over 20 operations and to-date is still awaiting the liver transplant he has needed since birth.

Canadian Press CP/Chris Schwarz



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Canadian Press CP/Jonathan Hayward

Canadian Idol winner Kalan Porter of Medicine Hat, Alberta, performs after winning the competition in Toronto on September 16, 2004.

Coalition troops face a persistent terrorist insurgency leading up to the Iraq presidential election in January 2005. The war costs the lives of over 1,400 coalition troops, as well as over 14,000 Iraqi civilians.



Canadian Press CP/Frank Gunn



AP Photo/Reuters/Corbis



AP Photo/Reuters/Corbis



Canadian Press CP/Ryan Rembert

In the trial of the year, California jurors find Scott Peterson guilty of the first-degree murder of his pregnant wife, Laci, and second-degree murder of their unborn son.



AP Photo/Andrew O'Connell/Photo Communications, Inc.

More than 220,000 lives are lost after a massive earthquake in December off Indonesia's coast causes a tsunami that smashes coastlines in Southern Asia and as far away as Somalia.

The Center for Disease Control's Youth Risk Behavior Survey finds 6.1 percent of teenagers surveyed have tried steroids as compared to 2.7 percent in 1991.



Expo fans hold up signs before the team's final home game in Montreal against the Florida Marlins. After 35 years in Montreal, The Expos, Canada's first major league team, will move to Washington, D.C. and become the "Washington Nationals" next season.

global



C PLO Chairman Yasser Arafat, 75, dies in a Paris hospital. Palestinians view him as a leader who sought a homeland for his people, but many Israelis see Arafat as a ruthless terrorist.

➤ In October, more than 10 million Afghan men and women vote in the country's first presidential election — a milestone in the country's transformation after 25 years of war and Taliban control.



① At 885 feet the new Millau bridge in southern France is the tallest bridge in the world.



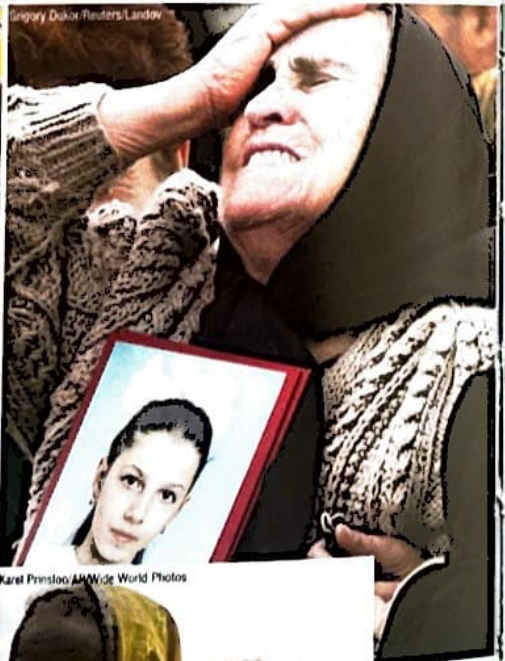
① The United Nations reports the AIDS epidemic is growing in Africa and worsening dramatically across eastern Europe and Asia.



➤ After more than a year of ceasefire, civil war reignites in the Ivory Coast as a result of President Gbagbo ordering air strikes on rebel positions.



① The Ukrainian Supreme Court invalidates that country's disputed presidential election because of vote tampering. In the revote, pro-west opposition leader Viktor Yushchenko claims victory.



➤ In September, Chechen rebels kill more than 430 people in a series of terrorist attacks in Russia, including the bloody attack on an elementary schoolhouse.

➤ After 22 months, the conflict in the Darfur region of Sudan continues to grow, leaving more than 2.3 million Africans in need of humanitarian aid.



human interest

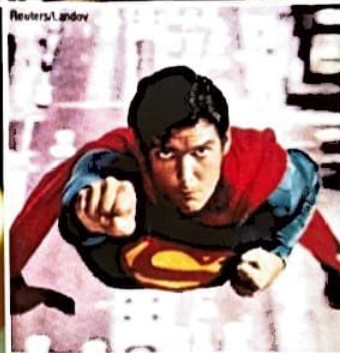
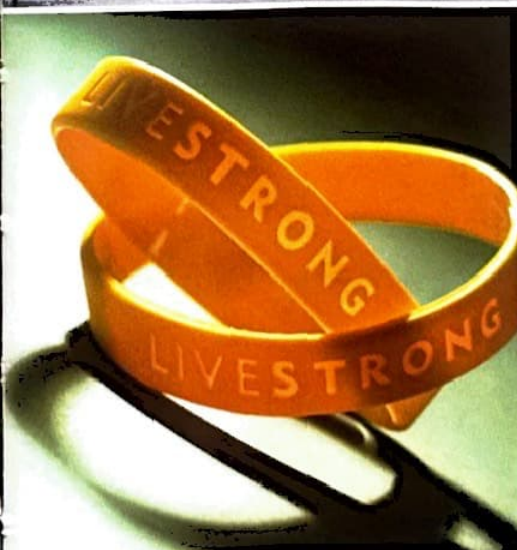


C Due to manufacturing errors, the U.S. faced a flu vaccine shortage. Vancouver-based ID Biomedical was scheduled to ship 1.2 million doses to the U.S., but announced it will sell the doses within Canada instead.

C An Afghan boy runs with a Maple Leaf kite given to him by members of the Canadian peacemaking contingent near Kabul, Afghanistan. Canadian troops gave away the kites as part of Canada Day celebrations.



U Countries and individuals around the world join together to pledge over \$4 billion in relief for those devastated by the December tsunami disaster.



U Christopher Reeve dies at age 52. Reeve is remembered for his role as Superman and an advocate for spinal cord research after being paralyzed in an accident in 1995.



U Canada's Snowbirds mourn the loss of Captain Miles Selby of Delta, BC on December 15, 2004. Selby died after his plane collided in midair with another Snowbird aircraft during a routine training flight.

U Pallbearers carry the coffin of Lieut. Chris Saunders in Halifax, NS on October 13, 2004. Saunders died after a fire on the Victoria-class submarine HMCS Chicoutimi off the coast of Ireland.

C According to the Lance Armstrong Foundation, over 20 million people are wearing the yellow "Livestrong" wristbands that help fund and promote the organization's cancer research.

C In September, Microsoft Chairman Bill Gates announces a \$168 million donation to fund malaria research.



science-techno

© Kodak



Portable photo printers that do not require a computer are a hot item for digital camera owners.

Hong Kong-based toymaker Wow Wee Ltd. sells 1.5 million Robosapiens since the toy's introduction in April. Among other "talents," the \$100 robot can belch and pass gas on command.

Health Canada issues an advisory on the use of antidepressants such as Prozac on the potential of behavioural and emotional changes and that it may be linked to suicidal behaviour.



Indonesian Star-Mat Deli/Wide World Photos

© Stephen Ward/Henrys-Cortez



Brendan McDermid/EPA/Landov



Daniel H. Smith/AP/Wide World Photos



EPA/Joe Polimeni/AP/Wide World Photos

SpaceShipOne, the world's first privately developed spacecraft, is named "2004 Invention of the Year" by Time magazine.

Matt Berger/Bloomberg News/Landov



Apple's iPod is the year's hottest tech gadget, fashion accessory and advertising personality, all in one credit-card-size package.

After four years on the market and billions of dollars in revenue, pharmaceutical company Merck recalls the arthritis drug Vioxx due to increased risk for cardiovascular disease.

General Motors releases the industry's first full-size gas-electric hybrid pickup truck, the Chevrolet Silverado.

Toshiba's HD DVD and Sony's Blu-ray battle for supremacy over the next generation of DVD technology. Major movie studios are evenly divided in their backing of the two technologies.



Tommy/AP/Getty Images

nature

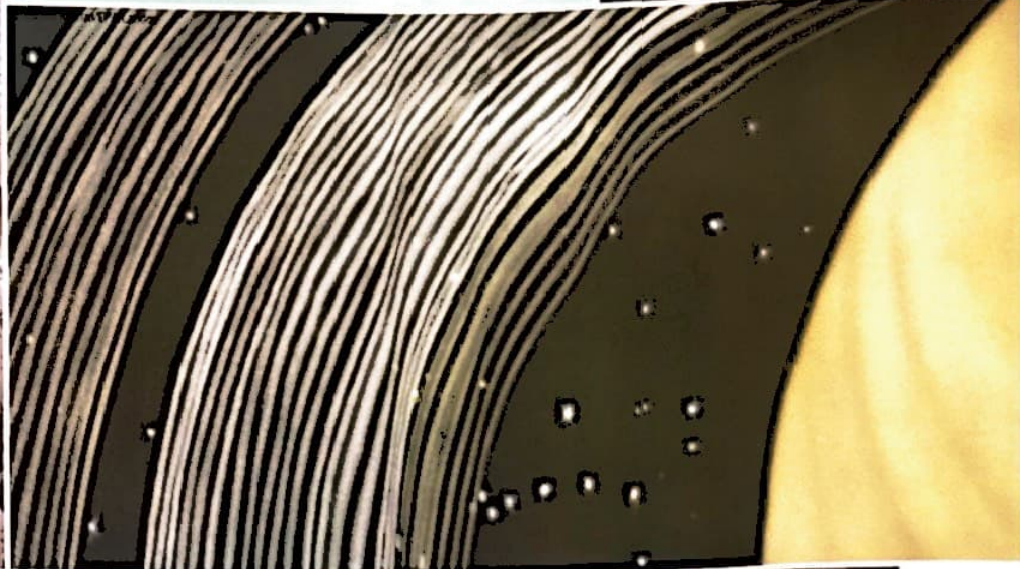


➤ Designer dog breeds like the "Goldendoodle," an allergy-friendly cross between a golden retriever and a poodle, are in high demand.

➤ African lions join the endangered species list because they are being killed to protect domestic livestock and their habitats are being destroyed.



➤ Although Saturn's rings look solid from Earth, images taken by the international Cassini spacecraft show they are more like rivers of dust and ice, with particles ranging in size from specks to mountains.



➤ Swarms of locusts destroy millions of acres of crops in West Africa.



Fabrizio Bensch/Reuters/Landov

➤ In September, astronomers announce the discovery in the Milky Way galaxy of a new and possibly abundant class of planets.

➤ On a remote island in Indonesia, scientists find 18,000-year-old skeletons of a hobbit-like human species that grew no larger than today's average three-year-old child.



➤ Cars remain covered in hail after a severe storm in Edmonton on July 12, 2004. Hundreds of homes flooded and substantial damage was reported to the area's largest shopping complex West Edmonton Mall.

➤ Threatened by the spread of hormone-disrupting chemicals and global warming, polar bears are added to the endangered species list.



AP/Wide World Photos

trends



Retro brooches are back



Ugg knockoffs are popular



Squish pillows are a "must-have"



Pink is the hot new color

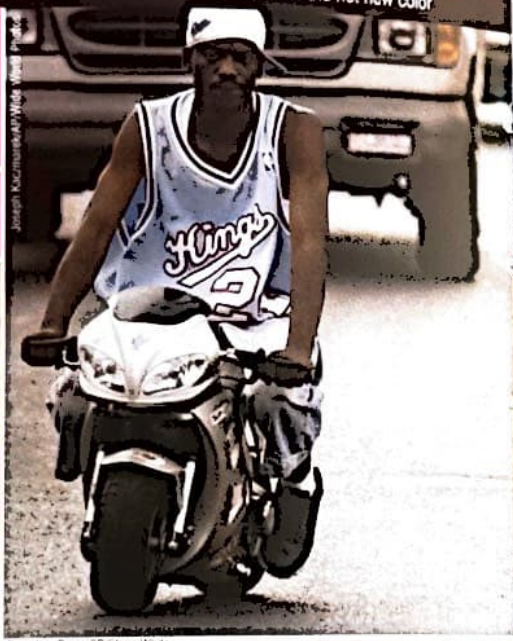


Knitted ponchos are fall's hottest new fashion trend, gracing the shoulders of your classmates and favourite celebrities.

Pocket bikes top holiday wish lists despite safety warnings that they are not toys.

Airbrush tans, capable of lasting five to 14 days, provide a fashionable and safer alternative to harmful ultra-violet rays.

Salina Journal/Jeff Cooper/AP/Wide World Photos



Canadian Press LP/Steve White



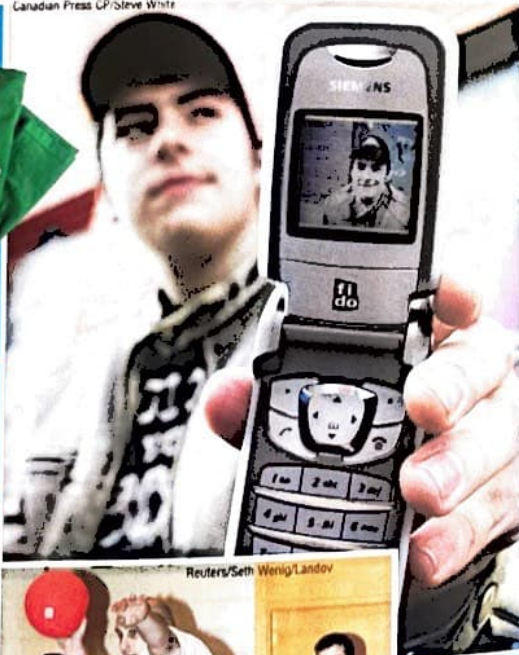
Italian link charm bracelets become the biggest jewelry trend of the year.



Whether genuine or ordered new from a custom T-shirt store on the Web, vintage '80s iron-on T-shirts are a hot fashion commodity.

An Edmonton teen shows off the photo taking ability of his cell phone. Canadian teens have embraced wireless technology as companies continue to release features to tech-savvy, young people who want to use their phones for more than just talking.

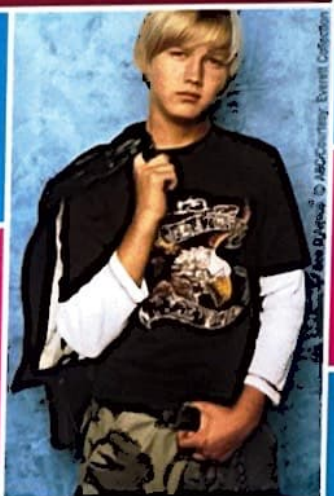
Thanks to the popular movie Dodgeball: A True Underdog Story, the high-flying, body-bashing sport makes its way back into gymnasiums across the country.



Reuters/Seth Wenig/Landov



The "grunge" style of the early '90s resurfaces with camouflage patterns and T-shirts with long-sleeve shirts underneath.



AP/Wide World Photos

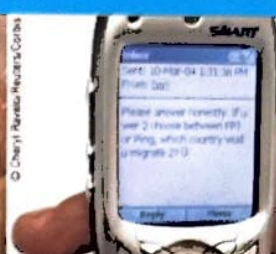
lifestyle



Latin dancing



Video e-mail



Text messaging



Online gaming



Soft-drink makers join the diet bandwagon with low-carb sodas like Coca-Cola C2 and Pepsi Edge. Sales of the new products, however, quickly go flat.

With more than 7 million participants, paintball is the third most popular extreme sport behind in-line skating and skateboarding.

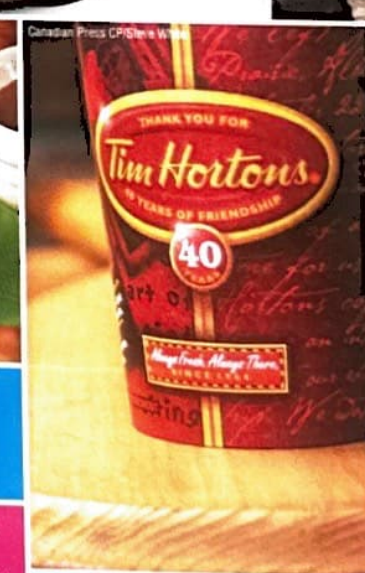
Muscle cars like the revamped Ford Mustang GT regain their presence on Canadian roads.



Fast-food restaurants offer kids' meals with healthy alternatives to fries and soda, including apples and milk.

The scrapbooking craze reaches new heights with more people wanting to capture their memories in creative ways.

With DVDs delivered right to your door and no late fees, Netflix and Blockbuster Online become popular choices for movie rentals.



Canadians love their 'Tims'. The first Tim Horton's location opened in 1964 in Hamilton, Ontario and has since grown to Canada's largest coffee shop chain with over 2,200 locations.



Events like the All Girl Skate Jam, founded in 1997, bring skateboarding to peak popularity among young girls.



movies



Napoleon Dynamite



Star Wars Episode III—Revenge of the Sith



Batman Begins



The SpongeBob SquarePants Movie



Jim Carrey and Kate Winslet garner Golden Globe nominations for *Eternal Sunshine of the Spotless Mind*, which also earns a nod for Best Picture, Musical or Comedy.

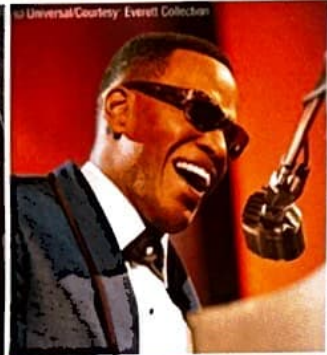
Johnny Depp scores his second straight Oscar nomination for Best Actor with his performance in *Finding Neverland*.

Shrek 2 ranks third on the list of the 100 top-grossing movies, with a total haul of just over \$436 million.



The Incredibles, Pixar and Disney's movie about a superhero family trying to live a normal life in the suburbs, is a box-office smash.

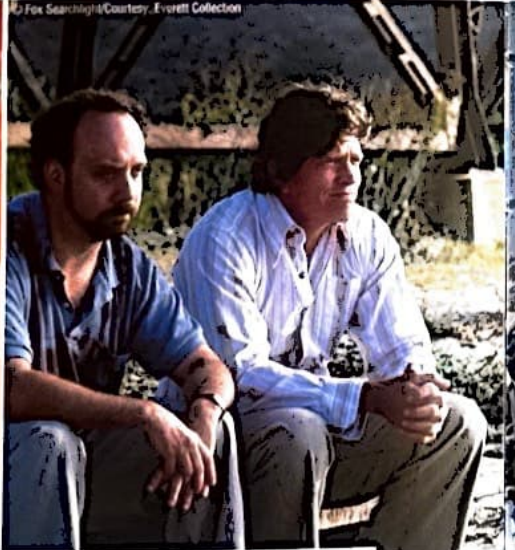
Clint Eastwood directs another hit with *Million Dollar Baby*, starring Hilary Swank as a 31-year-old boxer.



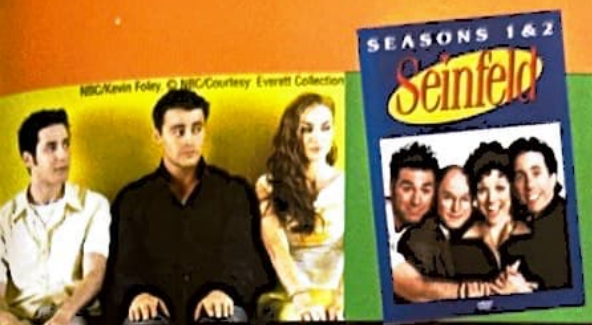
Jamie Foxx delivers an eerily convincing and Oscar-nominated performance as the late Ray Charles in *Ray*.

Already named best picture by film critics from New York to Los Angeles, independent film *Sideways* finds even more celebrity with a leading seven Golden Globe nominations.

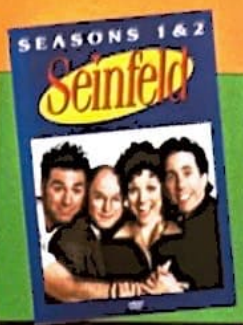
The Aviator, starring Leonardo DiCaprio in the role of eccentric billionaire Howard Hughes, earns eleven Oscar nominations.



television



NBC's "Joey"



"Seinfeld" is released on DVD



The WB's "One Tree Hill"

Canada's hilarious "Trailer Park Boys"



Ty Pennington and company improve lives while making homes better on the successful ABC home improvement show "Extreme Makeover: Home Edition."

Fox's "Arrested Development" wins the Emmy for Best Comedy Series after an inaugural year that is critically acclaimed but poorly rated.

Stephen, "Lo," Kristen and friends bring their real Orange County adventures to MTV in the hit reality show "Laguna Beach."



"You're fired" becomes a household phrase as Donald Trump plows through executive wannabes on his hit NBC show, "The Apprentice."

ABC gets big ratings from its new hit drama, "Lost," the intriguing story of 48 plane crash survivors stranded on an island.

To kick off her 19th season of CBS's "The Oprah Winfrey Show," Oprah and Pontiac join forces to give each of the 276 audience members a brand new Pontiac G6.



TVO/AP/Wide World Photos



Pausing and recording live television with DVR is rapidly replacing VCRs in households across America.

Before his unbelievable 74-game winning streak comes to an end, NBC's "Jeopardy!" contestant Ken Jennings wins \$2,520,700 — a TV game show record. He delivers over 2,700 correct responses.

music



Destiny's Child reunites



Joss Stone



Julie Roberts



Green Day



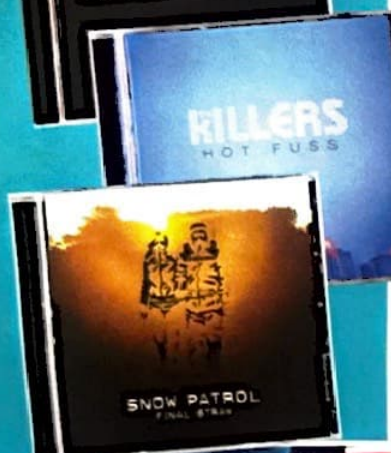
Ray Charles dies at age 73



With bands like Interpol, The Killers and Snow Patrol, alternative rock returns to the mainstream music scene in a big way.

U2's new album *How to Dismantle an Atomic Bomb* hits No.1 in *Billboard* magazine, and the band is inducted into the Rock and Roll Hall of Fame in March 2005.

Rapper Kanye West collects a whopping 10 Grammy nominations, including Album of the Year, for his debut *The College Dropout*.



Nelly continues to wrap up big sales and hit songs with the simultaneous release of his two albums, *Sweat and Suit*.



Sam Roberts and his band accept the award for Album of the Year during the Juno Awards in Edmonton in April 2004. The 34th Juno Awards will be hosted by Winnipeg in 2005.

In December, Usher dominates the *Billboard* Music Awards, taking home 11 awards, including Album of the Year for *Confessions*.



Ashlee Simpson, Jessica's younger sister, makes headlines with her triple-platinum debut album *Autobiography* and a lip-synching gaffe on NBC's *Saturday Night Live*.



Members of Simple Plan pose with their People's Choice award for Favourite Canadian Group at the MuchMusic Video Awards in Toronto on June 20, 2004.



entertainment



"Half-Life 2"



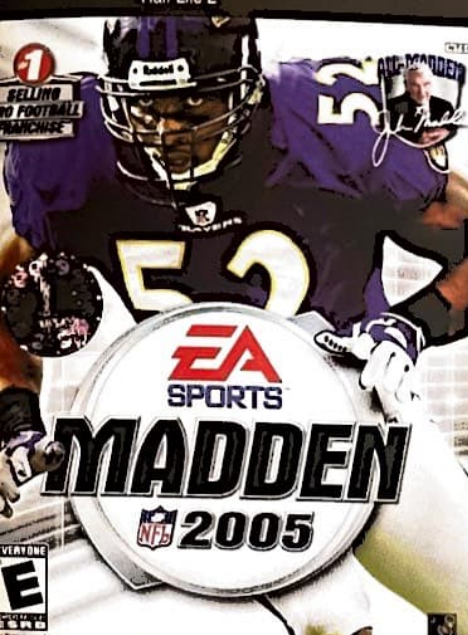
"K.O.T.R. II"



"Mario Golf Advance Tour"



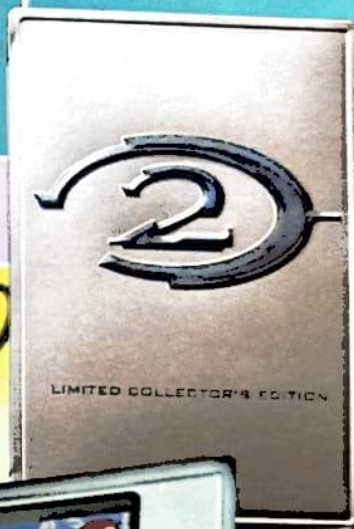
"Metal Gear Solid 3: Snake Eater"



Video game giant Electronic Arts buys exclusive rights to the teams, players and stadiums of the NFL for its popular Madden video game franchise.

After three years, Microsoft and Bungie Studios release the most eagerly anticipated video game sequel, Halo 2. Over 5 million copies of the game sell in the first month.

The newest trend in video games is to go "old school," with plug-and-play systems featuring '80s games from the likes of Atari and Namco.



2004 is the year of celebrities having babies, as Courtney Cox-Arquette, Gwyneth Paltrow, Kate Hudson, Julia Roberts, Liv Tyler and others all become first-time mothers.

Thousands of young people become avid poker players, a trend sparked by TV shows featuring tournaments for celebrities and professional poker players.

The challenging "Metroid Prime 2: Echoes" takes home the prize as IGN.com's Gamecube Game of the Year.



The hottest "hard-to-get" toy for the holidays is the Nintendo DS handheld gaming system.

Even though it won't reach bookstores until July 16, 2005, preorders in December help J.K. Rowling's Harry Potter and the Half-Blood Prince top several best-seller lists.



© Warner Brothers/Courtesy: Everett Collection



sports



Landov

Ironman Lance Armstrong wins his record-setting sixth straight Tour de France.

Laval University Rouge et Or celebrate their second consecutive win of the Vanier Cup when they defeated the Saskatchewan Huskies 7-1 on November 27, 2004.

Canadian Press (C) P. Moczulski



With a series sweep of the St. Louis Cardinals, the Boston Red Sox lift the "Curse of the Bambino" to win their first World Series title since 1918.

AP Photo/Reynolds Co. Inc.



The New England Patriots defeat the Philadelphia Eagles, 24-21, to repeat as Super Bowl champions. They have won three of the last four Super Bowls.

John G. S. / Reuters / Landov



Following his win in September at the Deutsche Bank Championship, Vijay Singh unseats Tiger Woods as the world's No. 1 golfer.



Kurt Busch wins the NASCAR Nextel Cup. It is his first career title and the closest battle in cup history.

Toronto Argonauts' Jonathon Brown and Mike Mihalic hoist the CFL Grey Cup on November 21, 2004. The Argonauts beat the B.C. Lions 27 to 19.



Canadian Press (C) Ryan Remiorz

Russian teenage tennis star Maria Sharapova defeats Serena Williams to claim the Wimbledon title. Thanks to lucrative sponsorship deals, Sharapova ends the year as the world's richest sportswoman.



Reuters / Landov



Canada's Lori-Ann Muenzer of Edmonton pumps her fist after being presented with the gold medal for sprint cycling at the Summer Olympics in Athens on August 24th.

Canada's Kirby Cole wins 5 gold and 2 silver medals at the Paralympics in Athens. Cole, from Winnipeg, MB, won a medal in every event she entered.



ATHENS 2004

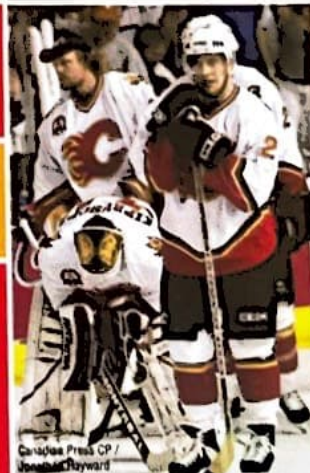
Olympic gold medalist Kyle Shewfelt shows off his medal during a welcome home celebration in Calgary in September 2004. Shewfelt won the gold for his outstanding performance in artistic gymnastics in Athens.



Team Canada takes home the championship trophy after beating Team Finland 3-2 in the World Cup of Hockey final on September 14, 2004 in Toronto.

The Detroit Pistons, led by Ben Wallace and finals MVP Chauncey Billups, win the 2004 NBA title.

Team Canada celebrates after defeating Russia 6-1 to win the gold medal at the World Junior Hockey Championships in Grand Forks, ND on Tuesday, January 4, 2005.



The NHL season is declared over as players and team owners fail to come to an agreement on player's salaries.

Calgary Flames goaltender Miikka Kiprosoff and teammate Ville Nieminen show their disappointment after losing 2-1 to the Tampa Bay Lightning in game 7 of the Stanley Cup finals on June 7, 2004 in Tampa, Florida.

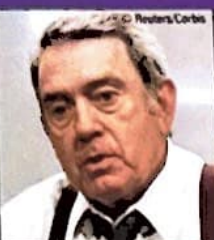
faces



Marlon Brando dies at age 80



Johnny Carson dies at 79



Dan Rather retires



Tom Brokaw signs off



Reggie White dies at age 43



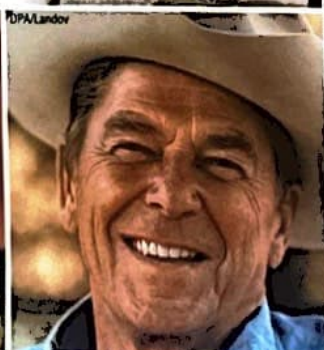
C In a year of entertainment dominated by teen queens, Lindsay Lohan makes the biggest splash with the hit movie *Mean Girls* and her debut CD *Speak*.

C Mattie Stepanek dies from a form of muscular dystrophy at age 13. He was known as a best-selling poetry author and the Muscular Dystrophy Association's National Goodwill Ambassador from 2002 through 2004.

I In remembrance of those who have died and those who continue to risk their lives in the war in Iraq,



I Ukrainian presidential candidate Viktor Yushchenko suffers from debilitating illness and scarring caused by dioxin poisoning, allegedly at the hands of his opponents.



I Ronald Wilson Reagan, 40th president of the United States, dies in June at the age of 93.



C Actor Zach Braff from NBC's "Scrubs" makes his big screen acting, writing and directorial debut in the critically acclaimed *Garden State*.

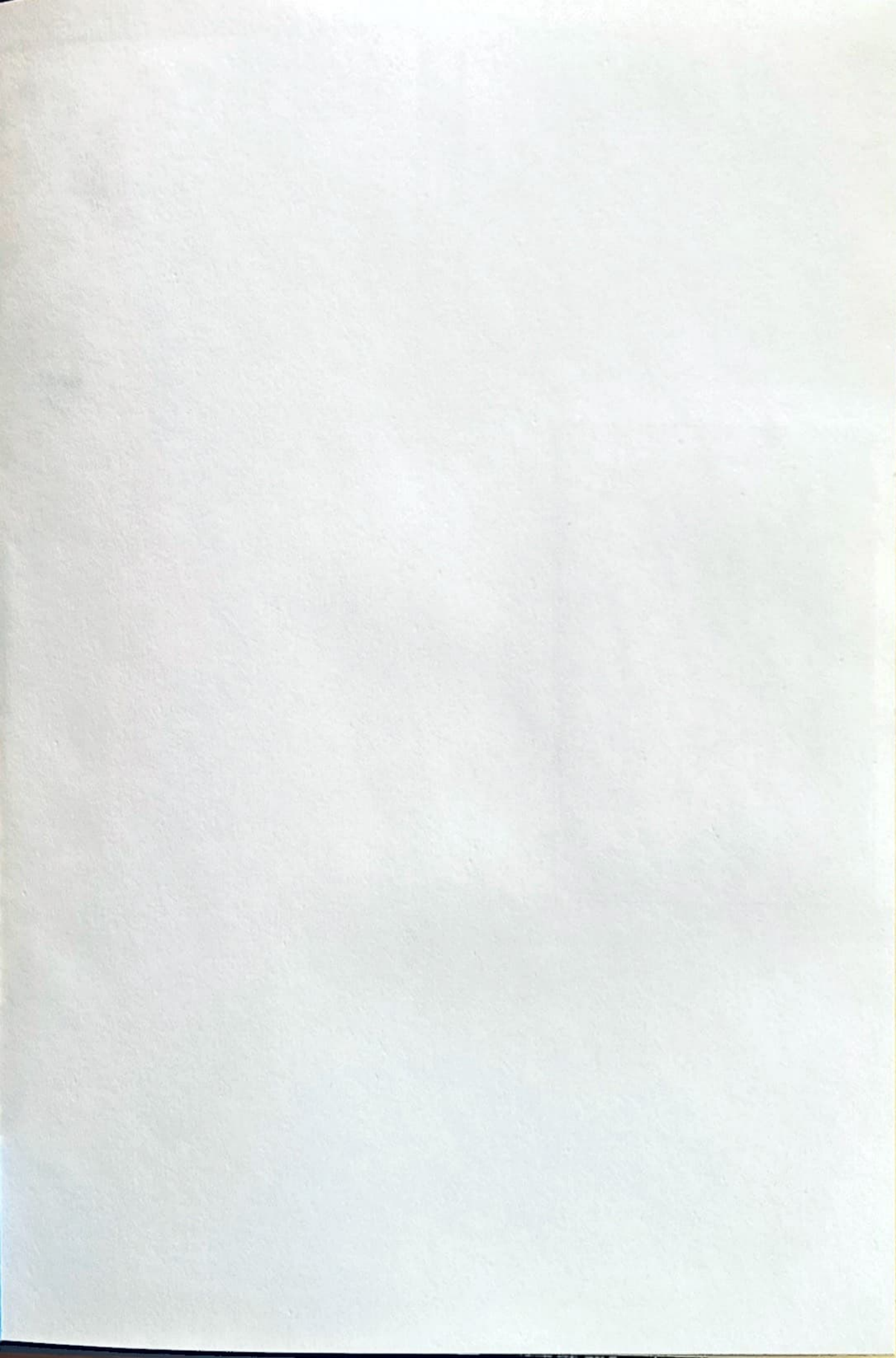


C Rodney Dangerfield, 82, veteran comedian famous for getting "no respect," dies from complications following heart surgery.

C CTV's star of "Corner Gas," Brent Butt poses for a photo before pumping gas at one of the six-city stops he made across Canada in September to promote the second season of his hugely successful show.



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Retrospective

POPE JOHN PAUL II

1920 - 2005



Photo Credit: Associated Press AP

Pope John Paul II, formerly known as Karol Wojtyla, at age 12, in Wadowice, Poland.



Photo Credit: Associated Press AP

Nineteen-year old Karol Wojtyla, future Pope to-be, second from right, is seen resting during the construction of a building for a military camp in this July 1939 photo.



Photo Credit: Associated Press AP

Pope Paul VI places a cardinal's hat on Archbishop of Krakow, Poland Karol Wojtyla in this 1967 photo, declaring him a cardinal.



Photo Credit: Canadian Press CP

Newly elected Pope John Paul II greets the crowd in St. Peter's on October 16, 1978. Elected at the age of 58, John Paul II is the youngest Pope of the 20th century, and the first non-Italian Pope since the 15th century.

Pope John Paul II reads a book in the solitude of Elk Island Provincial Park in Edmonton during a break from his visit to Canada on September 17, 1984.

Photo Credit: Canadian Press CP



Photo Credit: New Christchurch/Canadian Press CP STIC

Cardinal Karol Wojtyla smiles during a visit to St. Catharines, Ontario, on September 15, 1969, nine years before being named Pope.



Photo Credit: Canadian Press STIC

Pope John Paul II falls in his 'Popemobile' after being shot in the abdomen by Turkish gunman Mehmet Ali Agca on May 13, 1981 in St. Peter's Square.



Photo Credit: Rex Features/CP

'The Secret Between Brothers' - a painting by Andre Durand of John Paul II and Mehmet Ali Agca, the man who tried to assassinate him. John Paul believed he survived the attempt on his life due to the intercession of Mary on the anniversary of the apparition of the Blessed Virgin at Fatima in Portugal. During a visit to the shrine at Fatima to thank Mary for sparing his life, a priest with a knife lunged at him. Thankfully, John Paul II was not physically hurt.

The Pontiff later visited Mehmet Ali Agca in his prison cell - to forgive him.



Photo Credit: Canadian Press CP

Pope John Paul II holds his arm around Mother Teresa as they ride in the 'Popemobile' outside the Home of the Dying in Calcutta, India, in February 1986. The Polish Pontiff who led the Roman Catholic Church for more than a quarter century is also history's most-traveled Pope.

"Remember, O Canada, that the greatest richness of your multicultural character is to be able to reach out and help others - your brothers and sisters in need. This is what makes faith possible; this is what love requires. In the name of love, I urge that the openness shown to so many immigrants and refugees of ethnic minorities, and the generous reception given to them, should continue to characterize and enrich Canada in the future as in the past."

Pope John Paul II, September 16, 1984, Bird's Hill Park, Manitoba, Canada





Photo Credit: Salvatore La Parola CP

A woman prays in a chapel for John Paul on February 24, 2005, as news spreads that he has been rushed by ambulance from the Vatican to the Gemelli Polyclinic hospital in Rome. John Paul II underwent a tracheotomy to ease a breathing crisis brought on by a recurrence of flu-like symptoms, his second health emergency in less than a month.



Photo Credit: Barbara Deschamps CP

On April 1, 2005, a woman prays during a solemn prayer in St. Peter's Square, as news of John Paul's health worsens.

Hundreds of thousands of mourners attend the funeral of Pope John Paul II on April 8, 2005 at St. Peter's Square in the Vatican City.

Photo Credit: Canadian Press CP

Photo Credit: APD Photo America CP



April 2, 2005. People all over the World shed tears of sadness upon learning that Pope John Paul II has died.



On Saturday, April 3rd in Ottawa, a Canadian flag flies half-mast in memory of Pope John Paul II.

The Pope's last audible words, on hearing tens of thousands of young people singing in St. Peter's Square as he lay in his deathbed on Friday, April 1, 2005:

"I have looked for you. Now you have come to me, and I thank you."

Photo Credit: Herbert Krosowski/Associated Press AP



Mourners stand in front of a sea of burning candles at the bishop's residence in Krakow, Poland on April 3, 2005, the day after The Pontiff's death was announced by the Vatican. Pope John Paul II served in Krakow as both priest and bishop.

Presidents, Prime Ministers and Kings, joined the Pilgrims and prelates to bid farewell to the beloved Pontiff. John Paul's funeral drew millions of people to Rome and was one of the largest religious gatherings of modern times.



Photo Credit: Rabbo-Helwegz/Associated Press/CP

Cardinal Joseph Ratzinger of Germany gives the funeral Mass homily for Pope John Paul II on Friday, April 8, 2005, in Saint Peter's Square.



Photo Credit: Ben Christensen/Canadian Press CP

Photo Credit: Tom Hanson/Canadian Press CP



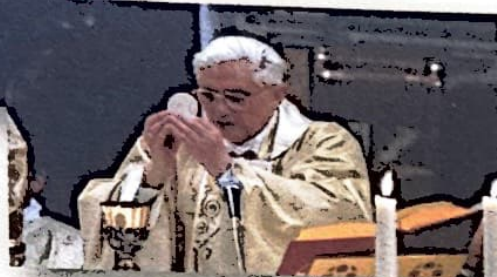
Pilgrims, one of whom is holding a Canadian flag, pray during funeral Mass in St. Peter's Square for Pope John Paul II on Friday, April 8, 2005.

On Monday, April 18, 2005, the cardinals sequester for the first papal conclave of the new millennium. They hold their first vote but fail to elect a new leader for the world's 1.1 billion Roman Catholics, thus the presence of black smoke from the chimney at the Sistine Chapel. The 115 voting members retire and return the next day in their search for a successor to Pope John Paul II.



The following day, the billowing smoke changes from black to white to announce that the cardinals have successfully elected a successor.

People across the world react after hearing the outcome of the cardinals' decision.



The day after his election, Pope Benedict XVI holds his first Mass as Pope in the Sistine Chapel.

POPE BENEDICT XVI



A NEW ERA

On Tuesday, April 19, 2005, the newly elected Holy Father, Pope Benedict XVI greets the crowd from the central balcony of St. Peter's Basilica at the Vatican. Joseph Ratzinger, 78, of Germany, who chose the name of Pope Benedict XVI is elected the 265th Pontiff of the Roman Catholic Church.



THE SACRED HEART SCHOOL OF MONTREAL

2005